Author’s response to reviews

Title: The Effect of Manual Therapy and Stabilizing Exercises on Forward Head and Rounded Shoulder Postures: a six-week intervention with a one-month follow-up study

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Version: 4 Date: 20 Dec 2018

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Responses to the comments

We very much appreciated your encouraging and insightful comments and those of the referees. We have endeavored to respond to all suggestions and comments, which further improved the understanding and potential impact of our manuscript. Detailed responses are given below (in highlighted) in the revised paper. We responded to the comments in yellow. In case of further queries, we are happy to clarify any further details and look forward to your reply. We send two revised manuscripts. The paper spell checked with native editor and the certification provided for journal. We hope the second one will be more convenient for reviewers to read the answerers.

Sincerely,
authors

Editor Comments:

1) Please correct the following typos:

Line 46: asymptotic / asymptomatic

Lines 118-119: It seems it should be corrected to: "…intervention was considered…”

Response: Thank you for bringing this to our attention. This portion revised.
2) You have deleted the entire statement in "Ethics approval and consent to participate", please ensure that this section is completed.

Response: Thank you for bringing this to our attention. This portion added to the article.

3) After the abstract, insert the trial registration information, including the registration number, the name of the registry and the date of registration. If the study started before trial registration, please state that the trial was retrospectively registered.

Response: Thank you for the important comment. Following information added to the end of abstract.

Trial registration: UMIN000030141 modified on 2018.03.08

This study is a randomized control trial registered at UMIN-CTR website, the trial was retrospectively registered and the unique trial number is UMIN000030141.

Se Yeon Park (Reviewer 2): There are 6/28 references which originated from the "journal of physical therapy science" Could you please reduce these frequency?

"uncertainty" of the references makes present article to be unclarified for us to understand.

Response: Thank you for bringing this to our attention. This portion revised and 3 different references added to reference list.

line 104. What program did you use for calculating sample size? G-power or something?

Response: Thank you for bringing this to our attention. G-power were used and following sentence were added to the article.

Using a G-power software, with a power of 0.92 and a 3-group design tested at an alpha level of 0.01, 20 subjects per group are required to detect a posture data of 0.8 points (Power and Precision™ 2.0).

line 119. There is no study flowchart.
Response: Thank you for bringing this to our attention. Study flowchart were added to the article.

Line 127. How the 60-patient who has pain around the VAS 5 didn't take any pill for 6 weeks...

This description is unbelievable for us. If there exists the medical-environmental differences between countries, it would be better to be explained in the manuscript.

Response: Your precise comment would undoubtedly improve the content of the article. However, we should mention that the subjects were advised in the case of pain, before taking any pills, just taking some of the exercises that they learned through the study. Then, if it did not work, they were proposed to take one. All of them reported performing the exercises made them feel better than taking medication. They believed taking medication made them feel like being ill.

Line 208. "Between-groups effect sizes were calculated and interpreted according to Cohen's d." Then between group differences were analyzed with the t-test or post hoc?

Response: Thank you for the important comment. Our Biostatistician proposed paired t-test for determining the differences from posttest to pretest as well as follow-up to post test.

Line 336. There are significant differences between post-test and pre-test. Why do you describe the "The results of the study also demonstrated that the one-month detraining period was not sufficient to reduce the overall postural training effects"?

Response: Thank you for the important comment. Following this recommendation, total parts of manuscript revised.

The results of the study also demonstrated that from posttest to one-month follow-up period outcomes maintained specially in Group 1.