Author’s response to reviews

Title: How Shoulder Immobilization Influences Daily Physical Activity – An Accelerometer Based Preliminary Study

Authors:

Carolin Rickert (carolin.rickert@ukmuenster.de)
Monika Grabowski (m_grab06@uni-muenster.de)
Georg Gosheger (georg.gosheger@ukmuenster.de)
Dominik Schorn (dominik.schorn@ukmuenster.de)
Kristian Nikolaus Schneider (kristian.schneide@ukmuenster.de)
Sebastian Klingebiel (sebastian.klingebiel@ukmuenster.de)
Dennis Liem (liem@sporthopaedicum.de)

Version: 3 Date: 05 Feb 2020

Author’s response to reviews:

Response to Associate editor:

1. Thank you for resubmitting your manuscript. While the manuscript has certainly improved, one important issue remains. Perhaps the authors have misunderstood my previous comment regarding the type of study. It appears that the authors simply chose to declare their study a pilot study. The problem is that a pilot study is a small-scale preliminary study conducted in order to evaluate feasibility, duration, cost, adverse events, and improve upon the study design prior to performance of a full-scale research project. These aspects are clearly not the focus of this study. The authors are requested to describe their study design accurately.

A1. Thank you again for pointing out that the term pilot study needs clarification. As pointed out in the limitations section (l. 245f.) this is indeed meant to be a pilot or preliminary study in order to evaluate the feasibility and study protocol for a larger study on actual patients which is currently underway. We also changed parts of the manuscript accordingly to point out more accurately the type of study we conducted:

• We changed the word pilot study to preliminary study.
The aim of this preliminary study was to evaluate feasibility of this study-protocol and find possible aspects to improve for a larger scale study on actual patients. With regards to the actual content of the study the goal was to measure daily activity in the case of an immobilized shoulder joint in order to derive a transfer to the postoperative therapy program following shoulder operations and to expand possible recommendations for rehabilitation therapy.

3.2. Compliance and adverse events

All participants were compliant to wearing the shoulder orthoses. However, one patient had to be excluded due to incorrect wearing of the accelerometer.

On average, the patients stated moderate restriction of the shoulder orthoses (2.343 points). No adverse events occurred.