Author’s response to reviews

Title: Pelvic floor muscle training in radical prostatectomy: A randomized controlled trial of the impacts on pelvic floor muscle function and urinary incontinence

Authors:

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Author’s response to reviews:

Dear Sir,

We have a table of responses to the reviewer's comments which has been separately uploaded in the "attach files' section. Below is a 'copy and paste' only of this version of this table. Please use the uploaded version which is much clearer to read. Thank you.

BMC Urology Table of Response from Author Jo Milios (see attached file for full version).

Editors Comments Author’s Response Author’s Amendments (Page references made when viewing track changes in “simple” or “finalised” view)

1. METHODS
i) Sample size calculation
   - needs more detail
ii) Randomization method
   - needs more detail Agree. Addition. Page 8-9 and Page 15-16

ii) Added. Page 4

iii) Inclusion criteria
   Table recommended Agree Added. Table 1 (new)

2. Conclusions heading, to be added after ‘discussion’ as a separate section. Agree Added. Page 16

3. Include trial information in ethics approval statement in abstract; remove from current position in declarations. Agree Corrected.
Page 2. Abstract
Page 19.
4. Duplicate competing interest statements in Declarations section- amend  Agree  Corrected.

5. Figure legends. To remove keys/annotations in files. Agree  Corrected.
Figures now in separate files.

6. Abbreviations list to change location from current position to after the conclusions section
Agree
Corrected. Now located on page 17

Reviewer 1
METHODS- more detail required about what the ‘usual care’ group were provided pre-op.  Agree- added

Response required  Some extra detail has been inserted about general advice give for bladder training, caffeine and alcohol consumption. Page 4

There is no further information to add to the ‘usual care’ PFM exercise program as the only differences between the two groups were frequency, position and type of PFM contraction required. All other information was presented to each group as described. Pages 6-7.

OUTCOME MEASURES:
- Pad Weight diary
- physical activity
- fluid intake
- timing of charts  Agree
Added Page 6-7
Added Page 4-5, 8
Added Page 7
Added Page 8

RANDOMIZATION: more information required
- Surgeon experience & number/ group

-Pre-op physical levels Agree  Added Pages 4-5

Added to table of characteristics (now Table 2)
Page 7

Added Page 4-5,

STATISTICS:
Sample size calculation or rationale needs more information

RESEARCH RESTRICTIONS/LIMITATIONS:
Nerve sparing procedures between control and intervention need discussion
Agree
Agree
Added. Page 8 and Page 15-16

Added Page 15-16
Reviewer 2
Nil changes recommended

Comment:
Question: Can this be reproduced by other physio programs? Nil Required

Response required Nil required

We believe this program can be immediately translated into clinical practice via improved communication channels between Urologists and Physiotherapy departments. In particular, once Prostate Cancer diagnosis is confirmed from biopsies, the opportunistic time whilst waiting for surgery could be best utilised by commencing high intensity PFM training programs. Page 11

Reviewer 3
Nil changes recommended Nil required Nil required

Reviewer 4
Nil changes recommended Nil required Nil required