Reviewer’s report

Title: Modified Pilates as an adjunct to standard physiotherapy care for urinary incontinence: a mixed methods pilot for a randomised controlled trial

Version: 0 Date: 13 Dec 2016

Reviewer: Cornelia Betschart

Reviewer's report:

This study investigated an interesting topic as standard physiotherapy as well as Pilates enjoy both a high popularity. The manuscript is well written, the data are clearly presented and the weaknesses are disclosed.

Introduction and Material and Methods:

The introduction is comprehensive. The questionnaires are standardized, validated outcome measures.

On page 4, line 21 you describe the Modified Pilates (MP). Could you please explain the rationale or hypothesis why MP should improve incontinence?

Results:

Page 10, first paragraph of the results, first sentence of the paragraph of the baseline characteristics and on page 11, line 6-7, these are all statistical descriptions. In my opinion these descriptions belong to the section of the statistical analysis and not in the results.

Page 11, line 6: which kind of Wilcoxon-tests did you conduct? The Wilcoxon signed-rank test or the Wilcoxon-Mann-Whitney test in order to compare the differences between the SPC and SPC+MP?

Discussion:

It is a matter of regret that the study sample was not powered to establish whether the addition of MP classes is of benefit or not.
It is questionable whether the improvements in the subgroups with a low SSI could be reached likewise with cognitive-behavioral therapy or some form of group therapy as change in self-esteem and social embarrassment are not typically attributed to MP training.

Conclusion:

The first sentence (In summary,.....) should be weakened as the study was not powered enough. It should rather be stated that the global scores of the pre-post-test differences were comparable between the groups.

References: Reference 11 and 21 are the same.

Table 2, legend: please add the post-test time point (T3, 5months after treatment?)

Figure 1: I propose that you add the time period of the study (like Jan 2011-Sept 2013)

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

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Please indicate the quality of language in the manuscript:

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None

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