Author’s response to reviews

Title: Schroth Physiotherapeutic Scoliosis-Specific Exercises for Adolescent Idiopathic Scoliosis: How Many Patients Require Treatment to Prevent One Deterioration? - Results from A Randomized Controlled Trial "SOSORT 2017 Award Winner"

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Author’s response to reviews:
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Subject: Response Cover Letter Ref.: Ms. No. SCOL-D-17-00009R1
Authors: Sanja Schreiber, Ph.D., M.Sc., B.Sc.; Eric C Parent, PhD, MSc, PT; Doug L Hill; Douglas M Hedden; Marc Moreau; Sarah C Southon

Version: 2
Date: June 12, 2017
Dear Dr. Grivas,

We are thankful for the very positive peer-review. We have addressed all comments made by the reviewers; please see below our point-by-point response.

Reviewer #1 (Hagit Berdishevsky): “This paper is a highly clinical important documentation to the conservative treatment for AIS and the health care providers (therapists, doctors, orthotists) and insurance companies proving the success of the PSSE administration to prevent curve progression to the trashed of changing the treatment plan from therapy to bracing or surgery. The low NNT calculation is very clear to understand and meaningful. The author discussion is superior and demonstrates the significant of the results across other papers and the challenges of conducting a future study of Exercises vs bracing for the Cobb range >25 degrees that is an indication for bracing.

To correct:

In the abstract, in the method the abbreviation ARR appear for the very first time without its meaning so I am not sure what is ARR?

Authors’ response:

We thank the Reviewer 1 for the positive review and are happy that the manuscript provided clear and understandable calculation of NNT. As requested, we have spelled out the ARR term on the first mention, so that the part referring to the ARR, now reads as:

“We calculated absolute risk reduction (ARR) and relative risk reduction (RRR). The NTT was calculated as: NNT=1/ARR. Patients with missing values (PSSE group; n=2 and 7 controls; n=4) were assumed to have had curve progression (worst case scenario). The RRR is calculated as RRR=ARR/CER.”
Reviewer #2 (Andrea Lebel): “All "PSSE" should be clarified and stated as "Schroth PSSE" throughout the publication example ...."The short term PSSE" to be changed to "The short term Schroth PSSE"

page 15 row 18 - 22 "We observed that adding exercises" should be corrected to adding Schroth PSSE exercises. All " exercises" need to be changed to Schroth PSSE throughout the publication.

Authors’ response:

We agree with the Reviewer 2 that the PSSE should be specified to reflect which school exactly are the exercises referring to. We have changed as suggested, and assured that Schroth PSSE term is included wherever appropriate.

All changes are highlighted in the manuscript track changes version starting with the abstract and throughout the manuscript.

Page 15, line 18-22, now reads: “We observed that adding Schroth PSSE might address a need and offer a treatment complement in patients who are not fully compliant with brace treatment. In our sample, despite promoting both exercise and brace compliance, of nine patients reporting wearing their a brace less than 16 hours a day in the exercise group, 8 (89%) were highly compliant with exercises.”

In addition, the change has been addressed on Page 11, line 4; Page 12, line 5; Page 15, line 10 and 18; Page 16, line 7 and Page 17, line 10 and 13.

Additional Authors’ response to the Editors:

In addition to the reviewers comments, we added into the title "SOSORT 2017 Award Winner" to reflect the recognition this manuscript was awarded during the annual SOSORT 2017 meeting.

Please, accept our revised version of the manuscript.

Thank you very much for the opportunity to submit to your journal.

Sincerely,

Sanja Schreiber, PhD, corresponding and first author