Author’s response to reviews

Title: Dose-Response of resistance training for neck-and shoulder pain relief: A workplace intervention study

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Author’s response to reviews:

Thank you so much and thank you for reviewing the paper. We hope you find our amendments satisfactory.

Editor Comments:

The authors have done a great job on reviewing their manuscript. I believe that after minor amendments the manuscript will be suitable for acceptance. Please, consider the following comments/suggestions:

- Title: Dose-Response of resistance training for neck-and shoulder pain relief: A workplace intervention study.

Changed, thank you.
- Abstract (Conclusion): Daily bouts of specific high-intensity resistance training of the shoulder and neck region at the workplace reduced neck- and shoulder pain and improved quality of life of office workers. However, 10 minutes bouts were equally effective as 2 x 10 minutes bouts per day.

Changed, as suggested.

- Methods (study design): Is your study a randomized clinical trial? If yes, please state so.

The study is not a randomized clinical trial as all participants acted as their own control and was therefore not randomized to being in the control group. However, all participants were randomized into one of the two treatment groups.

- Methods (Page 7, Line 51): To be included, participants should have mild to moderate pain..."

Changed, as suggested.

- Conclusion: Please, amend conclusion as per changes in abstract conclusion.

Done, thank you once again.

- Table 1: What does the * symbol means? Please, clarify.

We were just trying to demonstrated that the abbreviations had an explanation underneath the table. The * symbol has been removed.

- Table 1: Table 1. An overview of the participants demographics at baseline.

Changed, as suggested.

- Please be aconsistent on the reporting of "bands" or "tubes"

Changed throughout the manuscript.