

# Sports Medicine and Rehabilitation

Review Report

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**Article Title:** The Effects of Localized Vibration on the Flexibility of the Spine and Lower Extremities

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**Review Status:** Revision Required

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## Review Report

Thank you for your submission to Sports Medicine and Rehabilitation. I felt this manuscript shows a lot of interesting information and you could discuss the results from various viewpoints. I think this is valuable one to be published, but needed some revisions below.

### 1. Participants

- Subjects of this study were healthy college students and you showed the demographics, but there were no information whether they had some kind of back pain or not.
- If you have the approval number from ethical committee, you need to show it definitely.

### 2. Procedures

- What do you think about the effect of position during the vibration treatments?

### 3. Measurements

- Did you find a report on the reliability or validity of MMST for normal subjects? In this study, you mentioned the change (0.3mm) was not meaningful, but this value change was brought by normal subjects so this meaning should be discussed with compared to the results for normal subjects.

### 4. Results

- P.6 "Effect of LV on Thoracolumber Flexion" L.5 Miss typed (95% CI, 4/8-15.4 = 95% CI, 4.8-15.4)?
- P.6 "Effect of LV on Lumber Flexion" L.7 and "Effect of LV on Hamstring Flexibility" L.2 " $\leq$ " ?? (what this means??)
- Did you get some information from the subjects how they did between each visit, for example some exercises, some sports, some hard work or some other events which might affect the results (carry-over)?

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## 5. General

- As you mentioned, it is important to reach clinical significance and how to apply to patients who have back pain or some disorders. I'm looking forward to apply this approach to practice and verify the results.

I have read this submission. I believe that I have an appropriate level of expertise to confirm that it is of an acceptable scientific standard, however I have significant reservations, as outlined above.