

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

Reviewer: Steven R Murray, Colorado Mesa University, USA and Minnesota State University, USA

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Review Status: Revision Required

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Review Report

The manuscript investigates a valid topic and is a valuable contribution to the literature. I would recommend publication after the following items are addressed.

1. In the abstract, list "an experienced physical therapist..." Also, is the physical therapist licensed? If so, I would add licensed physical therapist.
2. In the introduction, the statement that begins "Manufacturers and information available..." needs to be qualified with one or more sources:
3. Although it seems pedantic, I believe that the paper would read better if the verbs were not split, e.g., it also has been investigated instead of it has also been investigated. Many examples of this are throughout the manuscripts. I would recommend that these be addressed by the copy editor.
4. Introduction, 2nd paragraph, should "whole body vibration" be hyphenated to read whole-body vibration?
5. P. 3, right-hand column, first paragraph, after [16-21], some punctuation is necessary.
6. In Methods, first sentence, could the authors clarify if the email were sent to multiple students at one university or more? Was this an email to students at the whole institution? Was the email sent to students majoring in one area? Please provide more detail here.
7. In Methods, first paragraph, "medical history" should be "medical histories" because the authors are referring to multiple individuals' histories.
8. A comma should be placed between "advertisement" and "and" in the first paragraph of the Methods because both statements are independent of one another and are linked by a conjunction.
9. In Procedures, a comma should be placed between "group" and "and" in the first sentence.
10. Punctuation is needed between "visit" and "After" in the second sentence of the Procedures.
11. Add "the" between "to" and "manufacturer's" in the Procedures.
12. Under Measurements, is the physical therapist licensed? If so, I would recommend adding "licensed."
13. P. 5, right-hand column, I would recommend hyphenating sit-and-reach test.

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14. P. 5, right-hand column, punctuation is needed between [37,39,40] and “its.”
15. In Data Analyses, 2nd paragraph, two- and three-way interactions should be hyphenated, in my opinion. Perhaps the editor could verify this with a statistician.
16. The captions for Figures 1 and 3 would look better if they were either justified to the left or completely justified instead of centered.
17. Place a comma between “found” and “and” in the first sentence under Effect of LV on the Sit-and-Reach Test.
18. In the Discussion, could the authors explain why they believe that no significant changes were observed for the sit-and-reach test? I believe this would be interesting for the readers.
19. In the Discussion, 3rd paragraph, I would recommend writing the hyphenated time-saving modality.
20. In the Discussion, 4th paragraph, please change the comma to a period between “temperature” and “it,” and capitalize the I in it.
21. In the Discussion, 6th paragraph, please place a comma between “vibration” and “and.”
22. In the Discussion, 7th paragraph, please explain further why “the amplitude should have been sufficient to activate this group and other cutaneous receptors.” I believe that more information here would be useful. I recognize that a source has been provided, and I applaud the authors for this. However, I do think a sentence or two explaining this would be useful.
23. P. 9, left-hand column, 2nd paragraph, place a comma between “position” and “and.”
24. Under the Limitations, please change “and the” to read “...treatment, so the Hawthorne...”
25. In the Conclusion, I believe the authors should write pre-exercise flexibility instead of pre exercise flexibility.

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.