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Journal Name:	British Journal of Medicine and Medical Research
Manuscript Number:	Ms_BJMMR_20549
Title of the Manuscript:	Spine Condition Improvement. Health Training Plan for Persons with a Movement Deficit
Type of the Article	Policy Article

General guideline for Peer Review process:

This journal's peer review policy states that \underline{NO} manuscript should be rejected only on the basis of 'lack of Novelty', provided the manuscript is scientifically robust and technically sound.

To know the complete guideline for Peer Review process, reviewers are requested to visit this link:

(http://www.sciencedomain.org/page.php?id=sdi-general-editorial-policy#Peer-Review-Guideline)

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PART 1: Review Comments

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
<u>Compulsory</u> REVISION comments	This is an interesting and well-written manuscript. It present the proposed health training programme aimed at strengthening of the postural muscles and the improvement of mobility of middle-age and older adults. I have no critical concerns.	
Minor REVISION comments		
Optional/General comments		

Reviewer Details:

Name:	Jerzy Bełtowski
Department, University & Country	Department of Pathophysiology, Medical University, Lublin, Poland

Created by: EA Checked by: ME Approved by: CEO Version: 1.6 (07-06-2013)