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Table 1. Anthropometric and pain participant data collected before study testing.

	Male Data Mean \pm SEM (n=18)	Female Data Mean \pm SEM (n=22)	All Data Mean \pm SEM (n =40)	All Data Range
Height (m)	1.79 \pm 0	1.66 \pm 0	1.72 \pm 0	1.6 – 1.9
Mass (kg)	81.2 \pm 1.6	69.3 \pm 2.9	74.7 \pm 1.9	52.5 – 95.7
BMI	22.3 \pm 0.6	25.2 \pm 0.9	25.2 \pm 0.6	18.3 – 33.7
Age (years)	31.6 \pm 3	30.7 \pm 2.3	31.1 \pm 1.8	22 - 66
Waist circumference (cm)	88.6 \pm 8.3	82.8 \pm 12.7	84.8 \pm 1.6	71 - 113
ODI score (%)	14.8 \pm 10.8	13.5 \pm 9.5	14 \pm 1.5	1 - 38
Minimal 0 – 20%	Minimal = 15	Minimal = 18	Minimal = 34	
Moderate 20 – 40%	Moderate = 3	Moderate = 4	Moderate = 6	

Table 2. ANOVA results for all 3 variables with pre and post pairwise comparisons.

	ANOVA	Pairwise pre- and post-comparisons	F stat (1, 39)	P value	Effect size (η^2_{partia})
Muscle Stiffness	Condition		0.544	0.465	0.014
	Time		0.065	0.8	0.002
	Interaction		12.411*	0.001 *	0.241*
		Control		0.004 *	0.19 *
		Intervention		0.012 *	0.15 *
Muscle Tone	Condition		4.942 *	0.034 *	0.11 *
	Time		0.04	0.842	0.001
	Interaction		20.908 *	<0.001 *	0.349 *
		Control		0.006 *	0.18 *
		Intervention		0.001 *	0.25 *
Muscle Elasticity	Condition		3.243	0.079	0.077
	Time		30.913 *	<0.001 *	0.442 *
	Interaction		0.582	0.45	0.015
		Control		<0.001 *	0.3 *
		Intervention		0.001 *	0.24 *

Table 3. Bivariate correlation between pre intervention values and level of change value for all 3 variables.

		p value	r value
Muscle stiffness	Male	0.137	-0.37

	Female	0.057	-0.41
	All Data	0.002 *	-0.47 *
Muscle tone	Male	0.756	0.079
	Female	0.012 *	-0.528 *
	All Data	0.044 *	-0.32 *
Muscle elasticity	Male	0.992	0.002
	Female	0.228	-0.268
	Elasticity	0.508	-0.108