Citation for final published version:


Publishers page: http://dx.doi.org/10.1016/j.jbmt.2021.09.032

Please note: Changes made as a result of publishing processes such as copy-editing, formatting and page numbers may not be reflected in this version. For the definitive version of this publication, please refer to the published source. You are advised to consult the publisher’s version if you wish to cite this paper.

This version is being made available in accordance with publisher policies. See http://orca.cf.ac.uk/policies.html for usage policies. Copyright and moral rights for publications made available in ORCA are retained by the copyright holders.
**Figure 1.** Muscle stiffness change for mobilisation intervention from pre (281.24Nm ± 11.68) to post (270.28Nm ± 10.4) and control condition from pre (273.07Nm ± 10.22) to post (285.26Nm ± 11.45). No significant difference was found between pre-control and pre-intervention groups (p = 0.154). 2-way repeated measures ANOVA data presented with SEM error bars. * denotes significant change with p value < 0.05, ** denotes significant change with p value < 0.01.

**Figure 2.** Muscle tone change for mobilisation intervention from pre (15.06Hz ± 0.29) to post (14.74Hz ± 0.28) and a control condition from pre (15.1Hz ± 0.26) to post (15.39 ± 0.28). 2-way repeated measures ANOVA data presented with SEM error bars. There was no significant difference between pre-control and pre-intervention values for muscle tone (p = 0.793). * denotes significant change with p value < 0.05, ** denotes significant change with p value < 0.01.
Figure 3. Muscle elasticity change for mobilisation intervention from pre (1.09 ± 0.04) to post (1.15 ± 0.04) and control condition from pre (1.05 ± 0.04) to post (1.1 ± 0.04). 2-way repeated measures ANOVA data presented with SEM error bars. There were no significant differences between pre control and pre intervention values (p = 0.098). * denotes significant change with p value < 0.05, ** denotes significant change with p value < 0.01. Decrement is inversely proportional to elasticity, therefore an increase in the decrement equates to a decrease in elasticity.