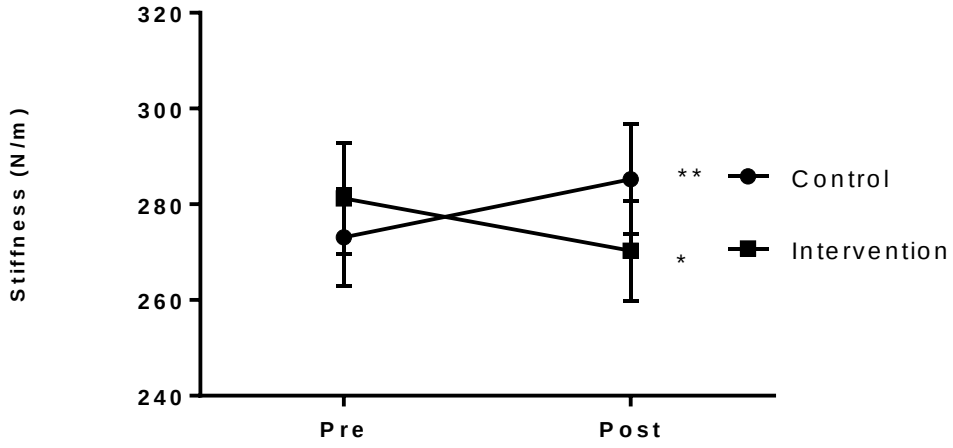

Figure 1. *Muscle stiffness change for mobilisation intervention from pre (281.24Nm ± 11.68) to post (270.28Nm ± 10.4) and control condition from pre (273.07Nm ± 10.22) to post (285.26Nm ± 11.45). No significant difference was found between pre- control and pre-intervention groups (p =0.154). 2-way repeated measures ANOVA data presented with SEM error bars. * denotes significant change with p value < 0.05, ** denotes a significant change with p value < 0.01.*

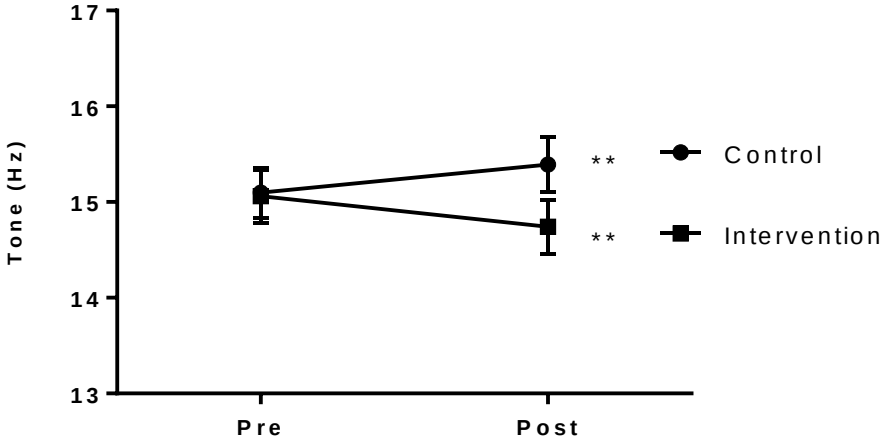

Figure 2. *Muscle tone change for mobilisation intervention from pre (15.06Hz ± 0.29) to post (14.74Hz ± 0.28) and a control condition from pre (15.1Hz ± 0.26) to post (15.39 ± 0.28). 2-way repeated measures ANOVA data presented with SEM error bars. There was no significant difference between pre-control 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.*

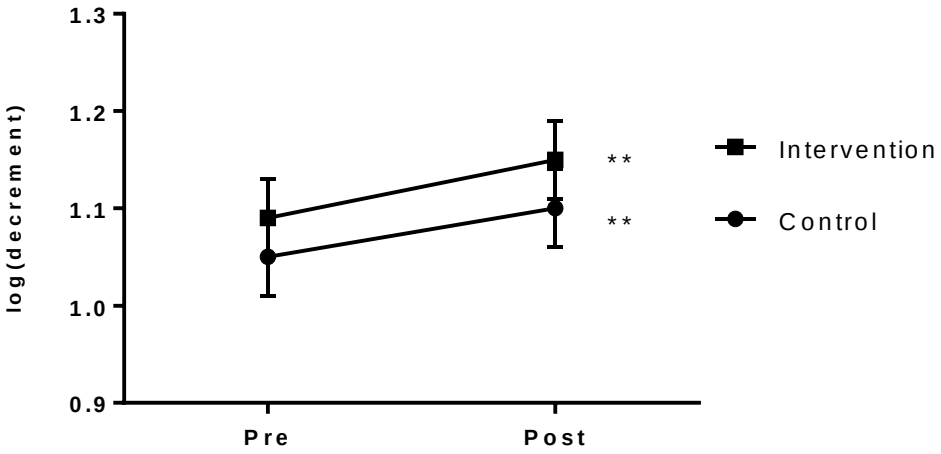

Figure 3. *Muscle elasticity change for mobilisation intervention from pre (1.09 ± 0.04) to post (1.15 ± 0.04) and control condition from pre (1.05 ± 0.04) to post (1.1 ± 0.04). 2-way repeated measures ANOVA data presented with SEM error bars. There were no significant differences between pre control 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.*