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Citation for final published version:

Hamilton, Rebecca I., Garden, Claire L.P. and Brown, Susan J. 2022. Immediate effect of a spinal mobilisation intervention on muscle stiffness, tone and elasticity in subjects with lower back pain - A randomized cross-over trial. *Journal of Bodywork and Movement Therapies* 29 , pp. 60-67. 10.1016/j.jbmt.2021.09.032

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

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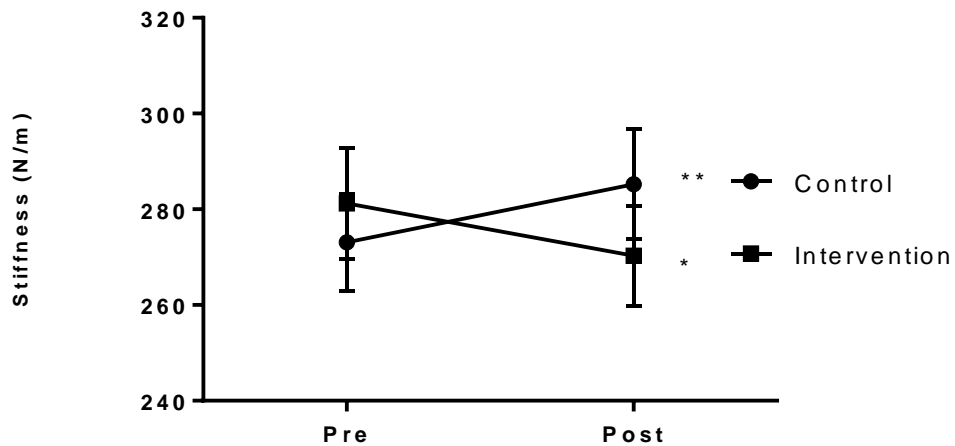


Figure 1. Muscle stiffness change for mobilisation intervention from pre (281.24Nm ± 11.68) to post (270.28Nm ± 10.4) and control condition from pre (273.07Nm ± 10.22) to post (285.26Nm ± 11.45). No significant difference was found between pre- control and pre-intervention groups ($p = 0.154$). 2-way 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.

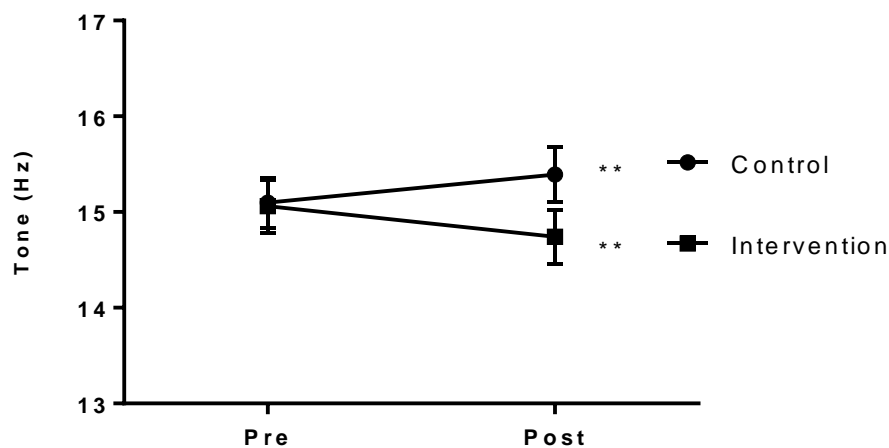


Figure 2. Muscle tone change for mobilisation intervention from pre (15.06Hz ± 0.29) to post (14.74Hz ± 0.28) and a control condition from pre (15.1Hz ± 0.26) to post (15.39 ± 0.28). 2-way repeated measures ANOVA data presented with SEM error bars. There was no significant difference between pre-control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

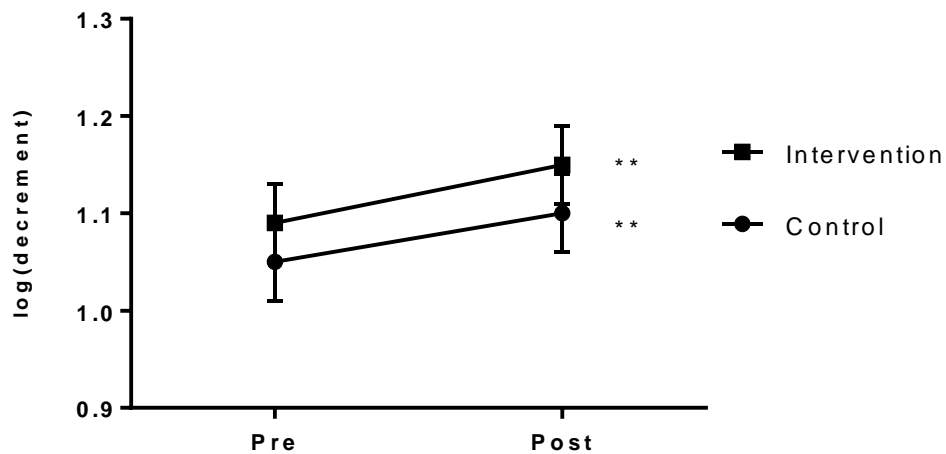


Figure 3. Muscle elasticity change for mobilisation intervention from pre (1.09 ± 0.04) to post (1.15 ± 0.04) and control condition from pre (1.05 ± 0.04) to post (1.1 ± 0.04). 2-way repeated measures ANOVA data presented with SEM error bars. There were no significant differences between pre control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