**Means and CI**

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| --- | --- | --- | --- | --- |
|  | Pre | Post | Mean Difference | P-value |
| cmj\_height | 0.41(0.38 to 0.44) | 0.45(0.42 to 0.48) | 0.04(0.03 to 0.05) | 0.048 |
| dj\_height | 0.36(0.33 to 0.40) | 0.40(0.36 to 0.44) | 0.04(0.01 to 0.06) | 0.004 |
| dj\_ct | 0.18(0.17 to 0.19) | 0.17(0.16 to 0.18) | -0.01(-0.02 to -0.00) | 0.04 |
| dj\_rsi | 2.06(1.79 to 2.33) | 2.41(2.11 to 2.72) | 0.35(0.23 to 0.50) | 0.058 |
| left\_mvc | 1590.92(1463.49 to 1718.35) | 1767.00(1662.41 to 1871.59) | 176.08(104.49 to 247.67) | 0 |
| right\_mvc | 1633.62(1514.07 to 1753.16) | 1788.08(1687.16 to 1888.99) | 154.46(111.38 to 197.54) | 0 |