**Table 2.** Effect sizes ± 90% CI of the application of treatment on markers of exercise-induced muscle damage.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Post** | **24 h** | **48 h** | **72 h** |
| **Change from baseline**  **Global soreness**  LOW v SHAM  HI v SHAM  LOW v HI | -0.12±15.7  0.41±10.9a  -0.47±13.6 a | -0.12±15.9  0.36±15.1a  -0.48±15.2a | 0.35±18.8a  0.55±17.2b  -0.17±16.9 | 0.31±14.3a  0.45±12.8a  -0.11±11.9 |
| **Quadriceps soreness**  LOW v SHAM  HI v SHAM  LOW v HI | 0.14±15.2  0.32±13.0a  -0.18±11.5 | -0.28±18.0a  0.39±16.7a  -0.74±15.6b | 0.09±18.6  0.47±19.2a  -0.38±19.1a | 0.03±16.3  0.26±15.6a  -0.27±14.9a |
| **MVC**  LOW v SHAM  HI v SHAM  LOW v HI | -0.02±3.8  -0.36±3.3a  0.35±3.2a | -0.33±3.7a  -0.80±3.7c  0.53±3.3b | -0.40±3.5a  -0.92±3.9c  0.61±3.6b | 0.06±4.4  -0.88±4.0c  0.86±4.4c |
| **CMJ**  LOW v SHAM  HI v SHAM  LOW v HI | 0.25±4.2a  0.10±3.5  -0.17±4.0 | 0.60±4.2b  -0.93±3.6c  -1.30±4.5c | 0.86±4.0c  -0.01±4.2  -0.99±3.4c | 0.62±3.3b  -0.38±3.2a  -1.09±3.0c |
| **CK**  LOW v SHAM  HI v SHAM  LOW v HI | -0.46±173.7a  -0.73±85.4b  -0.09±190.7 | -0.51±99.0b  -0.27±119.2a  -0.13±145.8 | -0.18±64.8  -0.14±125.4  0.05±122.6 | -0.79±75.0b  0.12±153.6  0.50±155.1b |
| **Mb**  LOW v SHAM  HI v SHAM  LOW v HI | 0.22±75.7a  -0.08±92.6  0.08±84.3 | -0.47±96.0a  -0.26±111.2a  -0.15±101.1 | -0.03±113.2  0.01±140.6  -0.03±111.8 | -0.73±93.1b  -0.64±108.5b  0.01±113.0 |
| **CRP**  LOW v SHAM  HI v SHAM  LOW v HI | 0.06±0.5  -0.13±0.5  0.22±0.4 | 0.23±0.5  0.36±0.5  -0.09±0.5 | 0.14±0.5  0.11±0.4  0.04±0.5 | 0.10±0.5  0.02±0.5  0.07±0.5 |

Mean effect refers to the first names group minus the second named group, a indicates a small effect size, b indicates a medium effect size, c indicates a large effect size.