**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 SHAMHI v SHAMLOW v HI | -0.12±15.70.41±10.9a-0.47±13.6 a | -0.12±15.90.36±15.1a-0.48±15.2a | 0.35±18.8a0.55±17.2b-0.17±16.9 | 0.31±14.3a0.45±12.8a-0.11±11.9 |
| **Quadriceps soreness**LOW v SHAMHI v SHAMLOW v HI | 0.14±15.20.32±13.0a-0.18±11.5 | -0.28±18.0a0.39±16.7a-0.74±15.6b | 0.09±18.60.47±19.2a-0.38±19.1a | 0.03±16.30.26±15.6a-0.27±14.9a |
| **MVC**LOW v SHAMHI v SHAMLOW v HI | -0.02±3.8-0.36±3.3a0.35±3.2a | -0.33±3.7a-0.80±3.7c0.53±3.3b | -0.40±3.5a-0.92±3.9c0.61±3.6b | 0.06±4.4-0.88±4.0c0.86±4.4c |
| **CMJ**LOW v SHAMHI v SHAMLOW v HI | 0.25±4.2a0.10±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 SHAMHI v SHAMLOW 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±125.40.05±122.6 | -0.79±75.0b0.12±153.60.50±155.1b |
| **Mb** LOW v SHAMHI v SHAMLOW v HI | 0.22±75.7a-0.08±92.60.08±84.3 | -0.47±96.0a-0.26±111.2a-0.15±101.1 | -0.03±113.20.01±140.6-0.03±111.8 | -0.73±93.1b-0.64±108.5b0.01±113.0 |
| **CRP** LOW v SHAMHI v SHAMLOW v HI | 0.06±0.5-0.13±0.50.22±0.4 | 0.23±0.50.36±0.5-0.09±0.5 | 0.14±0.50.11±0.40.04±0.5 | 0.10±0.50.02±0.50.07±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.