

Demographic Data

Table 1 Gender Distribution

Treatment group		Frequency	Percent
Group 1: Tissue flossing and mortise separation technique	Male	5	50,0
	Female	5	50,0
	Total	10	100,0
Group 2: Tissue flossing	Male	2	20,0
	Female	8	80,0
	Total	10	100,0
Group 3: Mortise separation technique	Male	4	40,0
	Female	6	60,0
	Total	10	100,0

Table 2 Age Distribution

Tissue flossing and mortise separation technique	Mean	21,30
	Std. Deviation	2,003
	Minimum	18
	Maximum	24
Tissue flossing	Mean	22,70
	Std. Deviation	3,057
	Minimum	18
	Maximum	28
Mortise separation technique	Mean	23,90
	Std. Deviation	1,449
	Minimum	22
	Maximum	26

Objective Data

Table 3 Group Means, Standard Deviation and Ranges for Variables: Differences between Groups and Differences within Groups (Significance Level; Mean Difference)

Objective Data Recorded	Group	Baseline (1 st Visit)	Middle (4 th Visit)	Final (7 th Visit)	Difference between baseline & final means	Within Subjects-Contrast (Difference between baseline & middle)	Within Subjects-Contrast (Difference between middle & final)
Handheld Manual Goniometer DFROM (in degrees)	Group 1	101.80 ±4.74 96.50-112.50	99.55 ±4.26 94.00-105.00	97.30 ±8.54 87.00-117.00	4.50		
	Group 2	100.00 ±4.23 93.00-107.50	100.85 ±8.40 91.50-113.50	96.80 ±7.94 88.00-113.00	3.20		
	Group 3	104.00 ±5.47 100.00-118.50	101.60 ±5.97 95.50-112.00	103.00 ±9.36 94.00-127.00	1.00		
	Between-Subjects Effects			P=0.29			
	Within-Subjects Effects						
	<i>time</i>			P=0.07			
	<i>time*Groups</i>			P=0.39			
	Group 1	170.25 ±8.30 155.00-181.00	173.15 ±9.14 159.00-184.50	171.70 ±11.12 156.00-187.00	1.45	P=0.03	P=0.09
	Group 2	167.75 ±9.04 156.00-183.50	172.95 ±8.47 158.00-185.00	176.10 ±7.77 165.00-185.00	8.35		

WBLT (in centimeters)	Group 3	166.55 ±5.62 160.00-177.00	167.50 ±3.03 163.50-174.00	171.10 ±4.33 165.00-181.00	4.55		
	Between- Subjects Effects			P=0.42			
	Within- Subjects Effects						
	<i>time</i>			P=0.00			
	<i>time*Groups</i>			P=0.09			
	Group 1	11.16 ±3.43 5.65-17.55	13.27 ±3.47 8.30-17.45	14.12 ±3.15 10.10-18.70	2.96	P=0.01	P=0.13
	Group 2	11.05 ±3.22 3.80-15.25	12.11 ±3.03 7.35-16.80	12.70 ±3.35 6.40-16.50	1.65		
	Group 3	9.68 ±3.29 4.20-15.25	10.57 ±2.36 7.55-14.60	10.74 ±2.15 7.10-14.40	1.06		
	Between- Subjects Effects			P=0.14			
	Within- Subjects Effects						
	<i>time</i>			P=0.00			

*time*Groups*

P=0.44

DFROM = Dorsiflexion Range of Motion; PFROM = Plantarflexion Range of Motion; WBLT = Weight Bearing Lunge Test; Group 1 = Tissue Flossing and Mortise Separation Technique; Group 2 = Tissue Flossing; Group 3 = Mortise Separation Technique