

## Effect of hydrotherapy on the signs and symptoms of delayed onset muscle soreness

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As a result of printing errors, several aspects of Table 1 (below) were incorrectly presented in the published version. There were formatting errors on columns 4 (i.e. CWI) and 6 (i.e. HWI). In addition, column 6 (HWI), row 6 should read  $3,593 \pm 409$ . The corrected version is shown below. The legend was correct.

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**Table 1** Descriptive statistics (mean  $\pm$  SD) for dependent variables for each intervention and its independent control (CWT vs. PAS, CWI vs. PAS, and HWI vs. PAS)

Variable	CWT	vs.	PAS	CWI	vs.	PAS	HWI	vs.	PAS
<b>Squat jump (peak power W)</b>									
Baseline	3,938 $\pm$ 871		3,969 $\pm$ 879	4,158 $\pm$ 945		4,170 $\pm$ 947	3,902 $\pm$ 303		3,900 $\pm$ 277
0 h post ex	3,328 $\pm$ 806		3,479 $\pm$ 792	3,547 $\pm$ 1,033		3,564 $\pm$ 878	3,446 $\pm$ 351		3,382 $\pm$ 278
24 h post ex	3,675 $\pm$ 741*		3,389 $\pm$ 750	3,735 $\pm$ 872		3,577 $\pm$ 878	3,459 $\pm$ 389		3,401 $\pm$ 416
48 h post ex	3,805 $\pm$ 821*		3,473 $\pm$ 755	3,939 $\pm$ 877*		3,507 $\pm$ 795	3,487 $\pm$ 455		3,460 $\pm$ 370
72 h post ex	3,937 $\pm$ 808*		3,659 $\pm$ 795	4,080 $\pm$ 914*		3,857 $\pm$ 846	3,593 $\pm$ 409		3,606 $\pm$ 356
<b>Isometric squat (peak force N)</b>									
Baseline	2,068 $\pm$ 446		2,066 $\pm$ 469	2,110 $\pm$ 472		2,089 $\pm$ 443	1,929 $\pm$ 295		1,916 $\pm$ 350
0 h post ex	1,733 $\pm$ 320		1,750 $\pm$ 389	1,748 $\pm$ 424		1,734 $\pm$ 420	1,592 $\pm$ 262		1,597 $\pm$ 271
24 h post ex	1,857 $\pm$ 405*		1,711 $\pm$ 396	1,877 $\pm$ 418		1,792 $\pm$ 401	1,685 $\pm$ 286*		1,598 $\pm$ 342
48 h post ex	1,923 $\pm$ 457*		1,783 $\pm$ 424	2,077 $\pm$ 465*		1,769 $\pm$ 412	1,735 $\pm$ 272*		1,617 $\pm$ 329
72 h post ex	2,018 $\pm$ 477*		1,833 $\pm$ 436	2,074 $\pm$ 487*		1,859 $\pm$ 463	1,868 $\pm$ 291*		1,724 $\pm$ 290
<b>Mid-thigh circumference (cm)</b>									
Baseline	56.2 $\pm$ 4.5		56.1 $\pm$ 4.5	56.7 $\pm$ 3.7		56.6 $\pm$ 3.4	57.3 $\pm$ 3.8		57.4 $\pm$ 3.7
0 h post ex	56.8 $\pm$ 4.6		56.7 $\pm$ 4.6	57.4 $\pm$ 3.8		57.1 $\pm$ 3.3	57.8 $\pm$ 3.8		57.9 $\pm$ 3.7
24 h post ex	56.4 $\pm$ 4.5*		56.9 $\pm$ 4.7	57.1 $\pm$ 3.8*		57.6 $\pm$ 3.2	58.1 $\pm$ 3.9		58.1 $\pm$ 3.8
48 h post ex	56.3 $\pm$ 4.6*		56.9 $\pm$ 4.7	56.9 $\pm$ 3.8*		57.4 $\pm$ 3.3	57.9 $\pm$ 3.9		58.0 $\pm$ 3.7
72 h post ex	56.3 $\pm$ 4.5*		56.7 $\pm$ 4.7	56.9 $\pm$ 3.8*		57.1 $\pm$ 3.3	57.6 $\pm$ 3.8		57.8 $\pm$ 3.8
<b>Creatine kinase (U/L)</b>									
Baseline	176 $\pm$ 76		218 $\pm$ 168	223 $\pm$ 222		189 $\pm$ 45	199 $\pm$ 241		143 $\pm$ 105
0 h post ex	229 $\pm$ 147		245 $\pm$ 220	203 $\pm$ 175		193 $\pm$ 156	269 $\pm$ 411		165 $\pm$ 105
24 h post ex	736 $\pm$ 1,115		737 $\pm$ 361	231 $\pm$ 182*		570 $\pm$ 263	312 $\pm$ 242		402 $\pm$ 255
48 h post ex	416 $\pm$ 589		361 $\pm$ 318	211 $\pm$ 259		263 $\pm$ 174	225 $\pm$ 221*		748 $\pm$ 1,694
72 h post ex	359 $\pm$ 433		271 $\pm$ 234	204 $\pm$ 343*		296 $\pm$ 290	151 $\pm$ 57		169 $\pm$ 86
<b>Lactate dehydrogenase (U/L)</b>									
Baseline	271 $\pm$ 72		218 $\pm$ 107	236 $\pm$ 82		207 $\pm$ 61	261 $\pm$ 87		256 $\pm$ 93
0 h post ex	280 $\pm$ 87		246 $\pm$ 98	227 $\pm$ 95		208 $\pm$ 52	278 $\pm$ 85		272 $\pm$ 103
24 h post ex	291 $\pm$ 132		270 $\pm$ 123	194 $\pm$ 65		194 $\pm$ 69	271 $\pm$ 90		269 $\pm$ 97
48 h post ex	264 $\pm$ 117		230 $\pm$ 92	177 $\pm$ 71		204 $\pm$ 89	260 $\pm$ 69		280 $\pm$ 68
72 h post ex	254 $\pm$ 109		247 $\pm$ 112	183 $\pm$ 68		219 $\pm$ 75	254 $\pm$ 83		267 $\pm$ 77
<b>Myoglobin (ng/mL)</b>									
Baseline	44.1 $\pm$ 22.3		47.8 $\pm$ 38.4	36.4 $\pm$ 17.8		27.2 $\pm$ 7.71	35.6 $\pm$ 22.8		27.3 $\pm$ 7.7
0 h post ex	95.4 $\pm$ 76.6		116.2 $\pm$ 101.1	60.7 $\pm$ 30.1		67.5 $\pm$ 24.9	65.1 $\pm$ 44.3		74.8 $\pm$ 68.1
24 h post ex	67.2 $\pm$ 51.1		69.5 $\pm$ 54.9	44.9 $\pm$ 25.4		38.5 $\pm$ 13.3	39.8 $\pm$ 23.2		47.3 $\pm$ 22.7
<b>Interleukin-6 (pg/mL)</b>									
Baseline	1.5 $\pm$ 0.6		1.7 $\pm$ 0.7	3.6 $\pm$ 3.9		2.6 $\pm$ 2.3	1.7 $\pm$ 1.1		2.6 $\pm$ 2.7
0 h post ex	2.2 $\pm$ 0.7		2.6 $\pm$ 1.1	4.5 $\pm$ 6.8		3.4 $\pm$ 3.2	2.3 $\pm$ 1.3		2.7 $\pm$ 2.8
24 h post ex	1.5 $\pm$ 0.9		1.9 $\pm$ 1.0	3.7 $\pm$ 6.3		2.8 $\pm$ 2.5	1.7 $\pm$ 0.9		2.4 $\pm$ 2.1

Appropriate statistics were completed using log transformed values

\*  $P < 0.05$