|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Outcomes**  % Mean (SD) |  | **Supplementary Data** | | | | | | | | | | | | | |
|  | Sham group | | | |  | 10 kHz group | | | |  | 20 kHz group | | | |
|  | Pre | Dur | Post 0 | Post 15 |  | Pre | Dur | Post 0 | Post 15 |  | Pre | Dur | Post 0 | Post 15 |
| Strength |  | 8.2 (1.9) | NA | 8.1 (2.1) | 7.9 (2.3) |  | 9.9 (2.9) | NA | 9.0 (2.6) | 8.9 (2.8) |  | 8.9 (2.3) | NA | 7.8 (2.1) | 7.8 (2.0) |
| Myotonometry Frequency |  | 20.2 (1.8) | 20.6 (2.0) | 20.3 (2.5) | 20.6 (2.2) |  | 19.8 (1.7) | 21.1 (2.1) | 20.5 (1.9) | 20.4 (1.6) |  | 19.9 (2.1) | 20.7 (2.0) | 21.3 (2.4) | 21.2 (2.2) |
| Myotonometry  Decrement |  | 1.7 (0.3) | 1.7 (0.3) | 1.7 (0.3) | 1.8 (0.3) |  | 1.6 (0.2) | 1.7 (0.3) | 1.7 (0.3) | 1.7 (0.3) |  | 1.6 (0.3) | 1.7 (0.3) | 1.7 (0.3) | 1.7 (0.3) |
| Myotonometry  Stiffness |  | 350.1 (43.4) | 366.4 (49.6) | 359.3 (52.9) | 358.8 (47.4) |  | 353.1 (49.9) | 390.9 (53.7) | 375.3 (52.8) | 361.5 (44.9) |  | 354.3 (41.5) | 370.9 (38.7) | 384.3 (48.3) | 382.7 (45.0) |
| Pain Pressure Threshold |  | 53.8 (14.9) | 50.6 (16.2) | 50.5 (14.5) | 49.8 (17.3) |  | 58.4 (26.4) | 53.7 (24.7) | 58.0 (26.0) | 56.8 (22.9) |  | 62.2 (18.5) | 59.3 (22.8) | 58.7 (22.1) | 59.5 (24.0) |
| Amplitude SNAP |  | 0.19 (0.01) | NA | 0.02 (0.02) | 0.02 (0.01) |  | 0.02 (0.02) | NA | 0.03 (0.03) | 0.03 (0.03) |  | 0.02 (0.01) | NA | 0.03 (0.03) | 0.02 (0.01) |
| Nerve Conduction Velocity |  | 47.0 (4.6) | NA | 44.4 (3.8) | 44.1 (3.8) |  | 45.4 (11.7) | NA | 45.3 (7.2) | 45.2 (10.3) |  | 47.3 (5.8) | NA | 46.3 (7.6) | 44.7 (6.2) |
| Forearm Temperature |  | 28.7 (1.2) | 28.9 (1.3) | 28.9 (1.3) | 28.9 (1.4) |  | 29.5 (1.2) | 29.1 (2.0) | 29.1 (1.8) | 28.9 (2.4) |  | 28.8 (1.4) | 29.2 (2.1) | 29.1 (1.8) | 29.0 (1.9) |
| Hand Temperature |  | 28.5 (2.0) | 27.8 (3.2) | 27.7 (2.8) | 27.3 (3.1) |  | 28.4 (2.7) | 27.5 (3.8) | 27.8 (3.1) | 27.5 (3.1) |  | 28.3 (2.0) | 28.0 (2.9) | 27.7 (2.2) | 27.2 (2.5) |

**Table 6: Descriptive values.** Abbreviations; PRE: Pre-intervention, DUR: During the intervention. NA: Not applicable. SNAP: sensitive nerve action potential. SD: Standard Deviation.