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Acute electromyographic responses of deep thoracic paraspinal muscles to spinal manual therapy interventions. An experimental, randomized cross-over study

Gary Fryer, B.Sc.(Osteopathy), Ph.D., Associate Professor, Michael Bird, Ph.D., Barry Robbins, D.O., Jane C. Johnson, M.A.



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**Table 1.** Summary statistics for normalized muscle activity and pre-post intervention changes

Task	Site	Intervention	Pre-intervention	Post-intervention	Change (%)	<i>P</i> Value <sup>a</sup>	Cohen's <i>d</i> <sup>b</sup>
			(%) Median (Q1, Q3)	(%) Median (Q1, Q3)	Median (Q1, Q3)		
Rest	AbP	SM	4.7 (2.1, 24.4)	7.7 (2.6, 28.2)	0.7 (-1.2, 4.2)	.26	0.29
		Counterstrain	15.5 (3.1, 23.1)	8.8 (3.1, 17.0)	-3.3 (-7.9, 0.2)	.01	-0.33
		Control	14.6 (3.2, 19.5)	10.2 (2.9, 21.8)	0.0 (-1.3, 4.7)	.83	0.04
	NTavg	SM	13.3 (4.0, 23.4)	13.4 (2.6, 25.5)	0.5 (-2.5, 3.2)	.59	0.08
		Counterstrain	13.9 (6.3, 20.4)	10.4 (3.8, 19.3)	-1.0 (-4.5, -0.1)	.05	-0.24
		Control	14.9 (5.0, 22.3)	10.1 (5.7, 20.3)	-0.8 (-4.7, 0.3)	.10	-0.18
	sEMG	SM	14.8 (9.8, 17.1)	15.6 (9.2, 17.1)	0.6 (-2.0, 2.4)	.40	0.33
		Counterstrain	17.3 (11.9, 21.6)	14.2 (10.3, 20.0)	-2.0 (-5.8, 0.0)	.009	-0.29
		Control	16.7 (8.9, 20.1)	16.6 (7.8, 20.8)	-0.8 (-2.5, 0.4)	.25	-0.08
Ext	AbP	SM	57.3 (44.0, 82.0)	52.9 (39.8, 72.7)	-6.1 (-20.5, 11.8)	.55	-0.20
		Counterstrain	70.2 (59.7, 84.9)	68.5 (51.8, 94.6)	-2.6 (-14.3, 7.6)	.81	0.07
		Control	73.8 (52.2, 86.4)	74.6 (54.1, 81.0)	-2.1 (-8.5, 0.4)	.13	0.01

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