

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

Joanna Vaile · Shona Halson · Nicholas Gill ·  
Brian Dawson

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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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J. Vaile (✉) · S. Halson  
Department of Physiology, Australian Institute of Sport,  
PO Box 176, Belconnen, ACT, Australia  
e-mail: [jo.vaile@ausport.gov.au](mailto:jo.vaile@ausport.gov.au)

N. Gill  
School of Sport and Exercise Science,  
Waikato Institute of Technology, Hamilton, New Zealand

N. Gill  
Division of Sport and Recreation,  
Auckland University of Technology,  
Auckland, New Zealand

B. Dawson  
School of Human Movement and Exercise Science,  
University of Western Australia, Perth, Australia

**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

\*  $P < 0.05$