

Table S1 Intervention sequence of each study participants

ID	Intervention 1	Intervention 2	Intervention 3
1	Muscle vibration	Conventional TENS	Muscle stimulation
2	Muscle vibration	Conventional TENS	Muscle stimulation
3	Muscle vibration	Conventional TENS	Muscle stimulation
4	Conventional TENS	Muscle stimulation	Muscle vibration
5	Muscle vibration	Conventional TENS	Muscle stimulation
6	Muscle vibration	Conventional TENS	Muscle stimulation
7	Conventional TENS	Muscle stimulation	Muscle vibration
8	Muscle stimulation	Muscle vibration	Conventional TENS
9	Conventional TENS	Muscle stimulation	Muscle vibration
10	Muscle vibration	Muscle stimulation	Conventional TENS
11	Muscle stimulation	Muscle vibration	Conventional TENS
12	Muscle stimulation	Muscle vibration	Conventional TENS
13	Conventional TENS	Muscle stimulation	Muscle vibration
14	Muscle stimulation	Muscle vibration	Conventional TENS
15	Conventional TENS	Muscle stimulation	Muscle vibration

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¹ ID: Identification, NA: Not attended