Pre-participation screening by phone or in person

Potential subject meets inclusion/exclusion criteria
(see Materials and Methods)

- Yes
- No → Potential subject excluded

Informed consent obtained and questionnaires administered

- Yes
- No → Potential subject excluded

Each baseline measurement respectively obtained by a single, blinded, standardized investigator (see Materials and Methods):
- Ankle dorsiflexion range of motion (prone and knee to wall measurements)
- Star balance excursion test
- TMS/EMG recording of gastrocnemius and tibialis anterior
- H-reflex measurement of gastrocnemius and tibialis anterior

All baseline measurements are repeated

Randomization

High-Velocity, Low-Amplitude Intervention Group (n=9)

Slow Velocity Intervention Group (n=9)

Passive Positioning Control Group (n=9)

Subject receives treatment procedure consistent with group allocation by a single, blinded, standardized investigator

Each post-intervention measurement respectively obtained by a single, blinded, standardized investigator (see Materials and Methods):
- Ankle dorsiflexion range of motion (prone and knee to wall measurements)
- Star balance excursion test
- TMS/EMG recording of gastrocnemius and tibialis anterior
- H-reflex measurement of gastrocnemius and tibialis anterior

End of study procedures