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| **Table 3.1 Comparison of** **reliability for the Mean v Max of the 3 trials using 90% confidence levels. Values expressed in Newtons (N) unless given as a percentage** |
| **Mean 90% CL** | Test Position | Day 1a | Day 2a | CV (%) | TE (90% CL) b | CIM (90% CL) c | ICC (90% CL) d | SEM | MDC90 | MDC% |
|   | I  | 151.5 ± 51.7 | 155.5 ± 49.2 | 6.7 (5.2-9.5) | 9.5 (7.4-13.2) | 4 (-1.5-9.5) | 0.97 (0.93 - 0.99) | 8.6 | 20.2 | 13.1 |
| Dominant arm | Y | 132.8 ± 41.1 | 133.3 ± 39.8 | 7.3 (5.7-10.4) | 8.1 (6.4-11.4) | 0.5 (-4.3-5.2) | 0.96 (0.92 - 0.98) | 8.2 | 19.2 | 14.3 |
|   | T | 123.8 ± 32.8 | 125.4 ± 35.6 | 5.0 (3.9-7) | 5.5 (4.3-7.7) | 1.7 (-1.5-4.9) | 0.98 (0.95 - 0.99) | 4.8 | 11.2 | 9 |
|   | I | 144.9 ± 48.9 | 143.4 ± 47.3 | 11.3 (8.8-16.2) | 11.3 (8.8-15.8) |  -1.4 (-8.0-5.1) | 0.95 (0.89 - 0.98) | 10.8 | 25.1 | 17.5 |
| Non-dominant arm | Y | 125.2 ± 37.5 | 132.7 ± 38.7 | 9.2 (7.2-13.1) | 9.9 (7.8-13.9) | 7.5 (1.8-13.3) | 0.94 (0.87 - 0.97) | 9.4 | 21.8 | 16.9 |
|   | T | 118.6 ± 29.9 | 121.8 ± 33.1 | 7.3 (5.7-10.3) | 7 (5.5-9.8) | 3.2 (-0.9-7.3) | 0.96 (0.92 - 0.98) | 6.3 | 14.7 | 12.2 |
| **Max 90% CL** | Test Position | Day 1a | Day 2a | CV (%) | TE (90% CL) b | CIM (90% CL) c | ICC (90% CL) d | SEM | MDC | MDC% |
|   | I  | 158.7 ± 53.7 | 164.4 ± 52.3 | 6.4 (5-9.1) | 9.5 (7.4-13.2) | 5.8 (0.3-11.3) | 0.97 (0.94 - 0.99) | 9.1 | 25.1 | 15.5 |
| Dominant arm | Y | 144.8 ± 42.2 | 142.5 ± 39.2 | 5.1 (3.9-7.1) | 6.1 (4.8-8.5) |  -2.3 (-5.8-1.2) | 0.98 (0.96 - 0.99) | 5.7 | 15.7 | 10.9 |
|   | T | 128.9 ± 33.4 | 130.9 ± 35.3 | 7.8 (6.1-11.1) | 9.2 (7.2-12.8) | 2 (-3.3-7.3) | 0.94 (0.86 - 0.97) | 8.3 | 23 | 17.7 |
|   | I | 154.6 ± 51 | 155.2 ± 51.7 | 6.7 (5.2-9.4) | 9 (7.1-12.7) |  0.6 (-4.8-5.8) | 0.97 (0.94 - 0.99) | 8.2 | 22.8 | 18.3 |
| Non-dominant arm | Y | 133.1 ± 37.2 | 141.1 ± 41.7 | 8.2 (6.4-11.7) | 11.3 (8.8-15.8) | 7.9 (1.4-14.4) | 0.93 (0.84 - 0.97) | 10.3 | 28.7 | 20.9 |
|  | T | 126.7 ± 32.2 | 128.6 ± 36.6 | 10.8 (8.4-16) | 12 (9.4-16.7) | 1.8 (-5.1-8.8) | 0.89 (0.77 - 0.95) | 11.2 | 31.2 | 24.4 |
| a mean ± SDb TE (Typical Error) c CIM (Change in Mean) d ICC (Intraclass Correlation Coefficient) - with 90% confidence levels |