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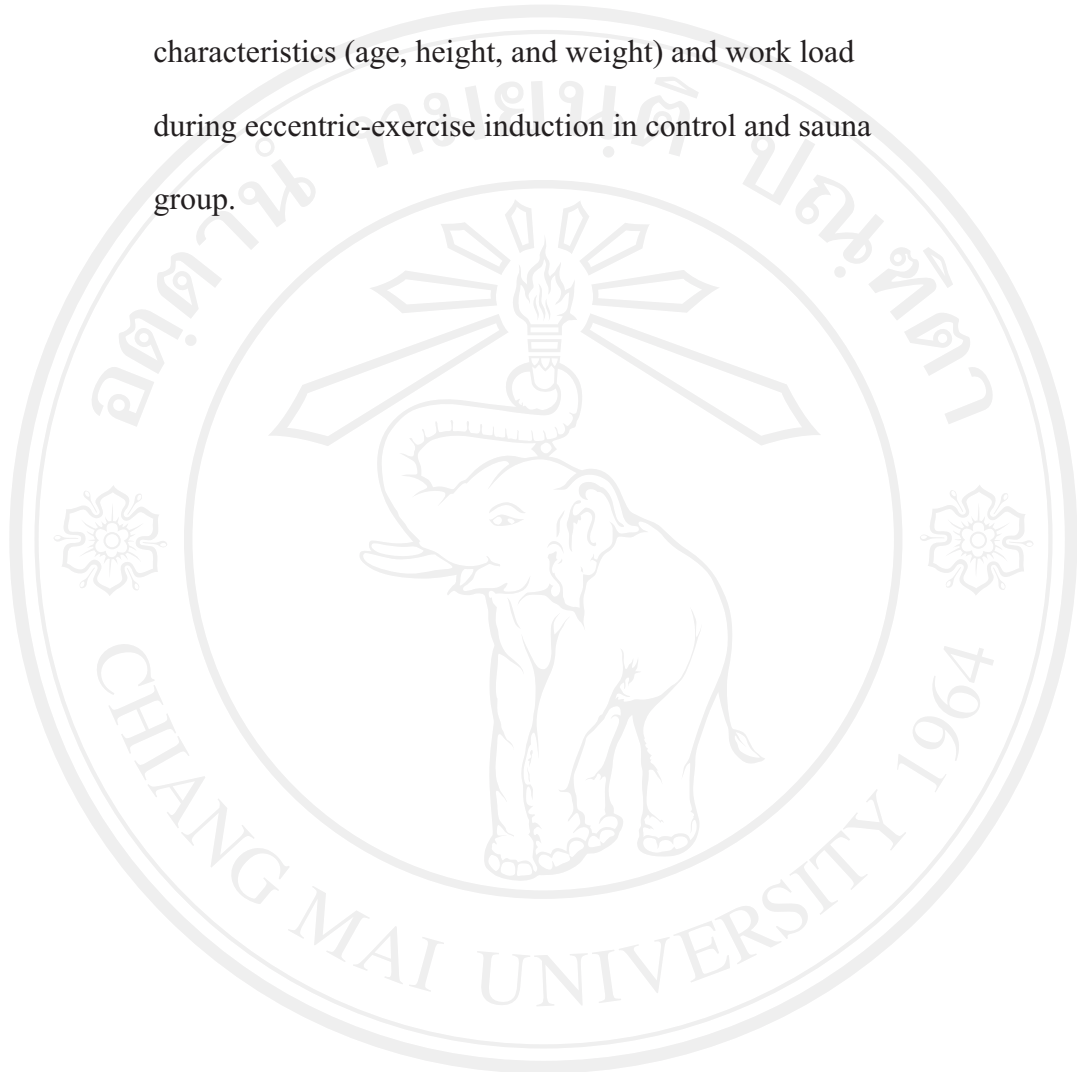
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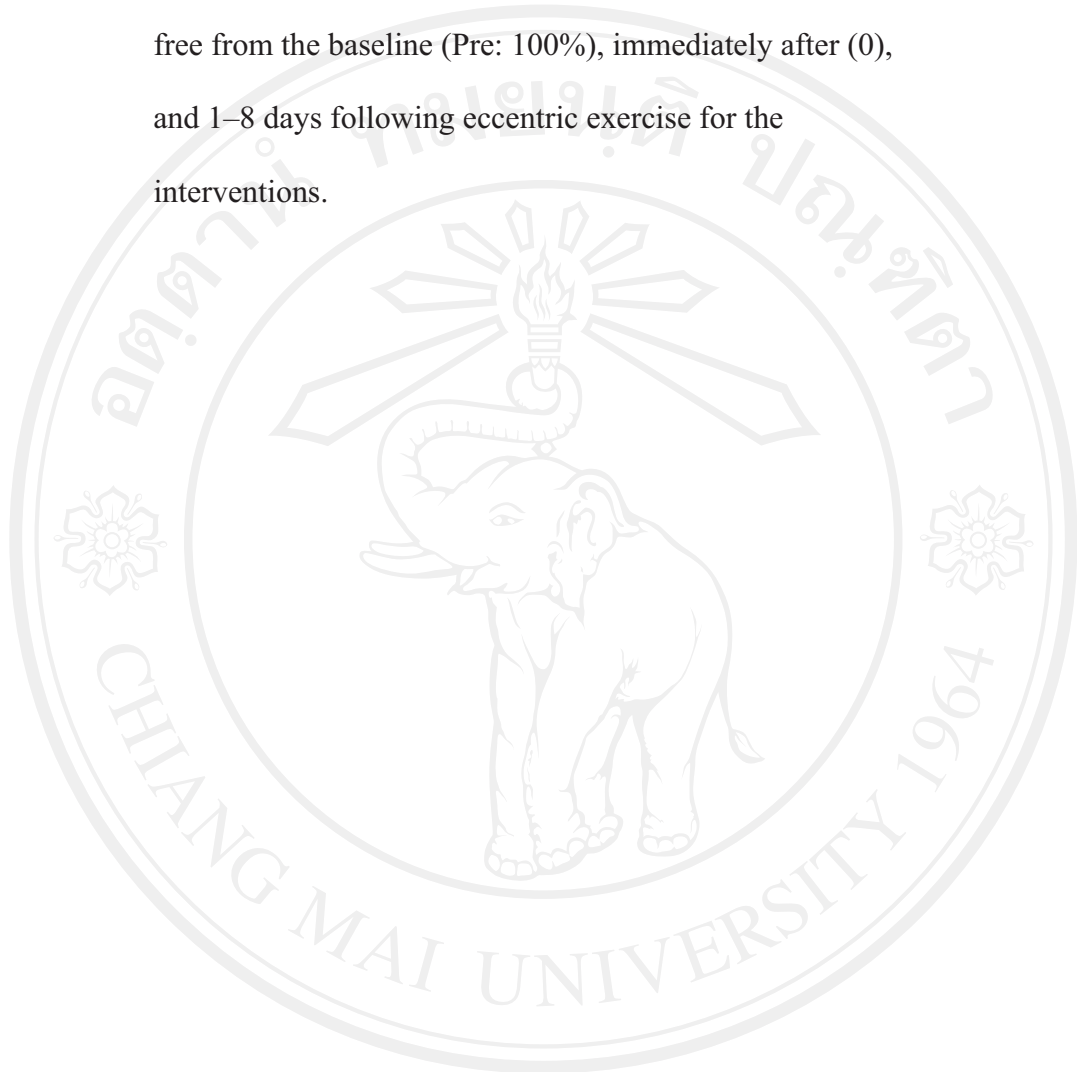
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### AND SYMBOLS ABBREVIATIONS

DOMS	Delayed onset of muscle soreness
PNF	Proprioceptive neuromuscular facilitation
TPT	Thermal pain threshold
CPT	Cold pain threshold
HPT	Heat pain threshold
PPT	Pressure pain threshold
ECRB	Extensor carpi radialis brevis
VIB	Vibration sense
ROM-AF	Range of motion in active wrist flexion
ROM-AE	Range of motion in active wrist extension
ROM-PF	Range of motion in passive wrist flexion
ROM-PE	Range of motion in passive wrist extension
JPE	Joint position error sense
CRT	Choice response time
GS	Grip strength
WES	Wrist extension strength
VAS	Visual analogue scale
LS	Likert scale
EIMD	Exercise-induced muscle damage
CK	Creatine kinase
Ca <sup>2+</sup>	Calcium

Mb	Myoglobin
°C	degree Celsius
°F	degree Fahrenheit
s	Second
ms	millisecond
cm	Centimeter
kPa	Kilopascal
M	Muscle
O	Origin
μm	Micrometer
Hz	Hertz
N	Newton
AROM	Active range of motion
PROM	Passive range of motion
min	Minute
ICC	intraclass correlation coefficients
CV	Coefficient of variation
SEMs	Standard error of measurements
$\bar{X}$	Mean
SD	Standard deviation
SEM	Standard error of mean