

S7 Table: Peak vGRF (BW), GRF_{mag} (BW) and GRF_{ang} (°) between limbs during normal (NL) and flexed (FL) drop landings.

| | | Dominant | | | | Non-Dominant | | | | <i>p</i> - value | |
|--------------------------|----|----------------|--------|-------|---------------|----------------|-------|------|---------------|------------------|---------|
| | | 95% Confidence | | | | 95% Confidence | | | | Main Effect | |
| | | Mean | Min | Max | Interval | Mean | Min | Max | Interval | Limb | Land |
| Peak vGRF | NL | 2.29 | 1.52 | 3.18 | 2.19 – 2.40 | 2.02 | 1.30 | 2.89 | 1.92 – 2.13 | < 0.01 | < 0.001 |
| | FL | 1.85 | 1.34 | 2.55 | 1.77 – 1.94 | 1.71 | 1.21 | 2.41 | 1.62 – 1.80 | | |
| GRF_{mag} | NL | 2.31 | 1.54 | 3.18 | 2.20 – 2.42 | 2.02 | 1.22 | 2.95 | 1.91 – 2.13 | < 0.01 | < 0.001 |
| | FL | 1.89 | 1.35 | 2.59 | 1.80 – 1.98 | 1.75 | 1.22 | 2.46 | 1.66 – 1.84 | | |
| GRF_{ang} | NL | -6.59 | -11.14 | 0.48 | -7.27 – -5.91 | -5.32 | -9.39 | 3.19 | -8.03 – -6.62 | < 0.001 | < 0.001 |
| | FL | -7.32 | -12.42 | -0.04 | -5.92 – -4.72 | -5.78 | -9.63 | 1.51 | -6.40 – -5.17 | | |

vGRF = vertical ground reaction force, GRF_{mag} = ground reaction force magnitude, GRF_{ang} = ground reaction force angle