|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time Group | Exp (n) | Ctrl (n) | ANOVA – Experimental Significance | | | ANOVA – Contralateral  Significance | | | Tukey Post-Hoc – Experimental | | |
| Total | Femoral | Tibial | Total | Femoral | Tibial | Total | Femoral | Tibial |
| 1-0 | 6 | 8 | 0.412 | 0.758 | 0.026\* | 0.616 | 0.543 | 0.574 | - | - | - |
| 1-1 | 8 | 7 | - | - | - |
| 1-2 | 10 | 8 | - | - | 1-0 (0.034) |
| 1-4 | 9 | 6 | - | - | 1-0 (0.044) |
| 2-0 | 8 | 9 | 0.006\* | 0.018\* | 0.043\* | 0.285 | 0.264 | 0.209 | - | - | - |
| 2-2 | 10 | 9 | 2-4 (0.013) | 2-4 (0.040) | - |
| 2-4 | 10 | 9 | 2-0 (0.012) | 2-0 (0.029) | - |
| 2-8 | 7 | 8 | - | - | - |
| 4-0 | 7 | 9 | 0/268 | 0.179 | 0.815 | 0.420 | 0.450 | 0.518 | - | - | - |
| 4-4 | 10 | 9 | - | - | - |
| 4-8 | 8 | 10 | - | - | - |
| 4-16 | 11 | 11 | - | - | - |
| 8-0 | 11 | 11 | 0.690 | 0.908 | 0.237 | 0.366 | 0.544 | 0.574 | - | - | - |
| 8-8 | 10 | 9 | - | - | - |
| 8-16 | 9 | 10 | - | - | - |
| 8-32 | 10 | 9 | - | - | - |
| 16-0 | 10 | 9 | 0.029\* | 0.028\* | 0.366 | 0.386 | 0.169 | 0.752 | - | - | - |
| 16-8 | 9 | 8 | - | - | - |
| 16-16 | 10 | 9 | - | - | - |
| 16-32 | 10 | 9 | 16-0 (0.025) | 16-0 (0.025) | - |
| 32-0 | 10 | 7 | 0.376 | 0.803 | 0.139 | 0.852 | 0.931 | 0.621 | - | - | - |
| 32-16 | 14 | 13 | - | - | - |
| 32-32 | 9 | 10 | - | - | - |
| 32-48 | 11 | 10 | - | - | - |

**Supplementary Table 1.** Summary of statistics comparing posterior capsule length of different groups of experimental and contralateral knees with a fixed duration of immobilization and increasing durations of remobilization; Fig. 3, and Supp. Fig. 2. One-way ANOVA and Tukey post-hoc analysis was conducted. Post-hoc analysis was only conducted for the significantly different experimental group. \*: (P<0.05).