

Variable	code
Treatment	0: No tratment
	1: Foam Roller treatment
	2: Vibration foam roller treatment
Sex	1: Men
	2: Women
p-stability knee	1: quite a bit worse
	2: slightly worse
	3: about the same
	4: slightly better
	5: quite a bit better
p-stability ankle	1: quite a bit worse
	2: slightly worse
	3: about the same
	4: slightly better
	5: quite a bit better