

Additional file 1. Normalised muscle size (cm³/kg) for targeted and sham interventions across affected and contralateral limbs at baseline and post-intervention, represented as mean ± SD.

	Targeted (N = 13)				Sham (N = 14)					
	Affected limb		Contralateral limb		Affected limb		Contralateral limb		Between groups effect size for affected limb	Between groups effect size for contralateral limb
	Baseline	Post-intervention	Baseline	Post-intervention	Baseline	Post-intervention	Baseline	Post-intervention		
Gluteus Minimus (GMin) ¹	1.15 ± 0.18	1.21 ± 0.19	1.21 ± 0.19	1.25 ± 0.23	1.27 ± 0.32	1.26 ± 0.34	1.28 ± 0.30	1.25 ± 0.32	0.70	0.87
Gluteus Medius (GMed)	3.93 ± 0.58	3.98 ± 0.39	3.90 ± 0.59	3.96 ± 0.53	4.10 ± 0.66	3.94 ± 0.67	4.25 ± 0.73	4.15 ± 0.72	0.64	0.47
Gluteus Maximus (GMax) ²	10.76 ± 2.25	10.91 ± 2.12	10.99 ± 2.29	11.15 ± 2.23	10.46 ± 1.32	10.36 ± 1.28	11.46 ± 1.76	11.33 ± 1.73	0.43	0.59
Tensor Fascia Lata (TFL)	0.88 ± 0.26	0.90 ± 0.25	0.82 ± 0.24	0.82 ± 0.22	0.81 ± 0.26	0.77 ± 0.23	0.82 ± 0.30	0.79 ± 0.29	0.94	0.40

¹ time x group effect (P < 0.05); ² limb main effect (P < 0.05)

Additional file 2. Muscle strength (Torque, Nm) for targeted and sham interventions across affected and contralateral limbs at baseline and post-intervention, represented as mean $\pm$ SD.

	Targeted (N = 13)		Contralateral limb		Sham (N = 14)		Contralateral limb		Between groups effect size for affected limb	Between groups effect size for contralateral limb
	Affected limb Baseline	Post-intervention	Baseline	Post-intervention	Affected limb Baseline	Post-intervention	Baseline	Post-intervention		
External Rotation ^{1, 2}	26.9 $\pm$ 7.8	27.3 $\pm$ 9.1	24.7 $\pm$ 6.9	26.0 $\pm$ 8.9	23.6 $\pm$ 9.8	27.5 $\pm$ 8.6	26.9 $\pm$ 11.5	31.4 $\pm$ 12.1	0.51	0.43
Flexion ²	77.0 $\pm$ 30.7	86.4 $\pm$ 28.4	77.3 $\pm$ 28.0	85.3 $\pm$ 27.9	69.9 $\pm$ 33.5	79.2 $\pm$ 24.4	72.6 $\pm$ 35.0	81.8 $\pm$ 33.2	0.00	0.07
Internal Rotation ^{3, 4}	26.5 $\pm$ 10.5	27.9 $\pm$ 10.8	29.8 $\pm$ 9.4	30.5 $\pm$ 8.4	25.0 $\pm$ 11.0	31.3 $\pm$ 13.9	31.7 $\pm$ 14.7	32.3 $\pm$ 12.7	0.56	0.02
Extension ^{2, 4}	55.6 $\pm$ 30.6	64.8 $\pm$ 30.1	56.9 $\pm$ 27.9	65.3 $\pm$ 25.0	66.2 $\pm$ 38.0	80.9 $\pm$ 37.8	63.0 $\pm$ 30.2	69.9 $\pm$ 27.2	0.25	0.06
Abduction ^{2, 3, 4}	69.6 $\pm$ 27.5	81.2 $\pm$ 18.5	76.7 $\pm$ 32.5	86.4 $\pm$ 22.6	72.5 $\pm$ 39.2	81.2 $\pm$ 36.3	81.2 $\pm$ 37.2	85.9 $\pm$ 34.4	0.17	0.32
Adduction ²	78.0 $\pm$ 31.8	86.3 $\pm$ 24.0	81.9 $\pm$ 33.7	86.3 $\pm$ 26.9	79.7 $\pm$ 43.6	86.7 $\pm$ 36.2	83.4 $\pm$ 38.6	89.8 $\pm$ 39.4	0.08	0.12

¹, limb x group effect (p < 0.05); ², time main effect (p < 0.05); ³, limb main effect (p < 0.05); ⁴, Data transformed to achieve normality