

Table2. Intra-foot kinematics for the male and female during running

Variable of interest	Segment	Motions or planes	Males (mean(SD))	Females (mean(SD))	Difference	Effect size	Guide
Foot strike angle (deg)	Foot	Dorsiflexion	16.8 (5.1)	15.6 (3.2)	1.2	0.28	small
Peak angle (deg)	Rearfoot	Dorsiflexion	15.4 (2.0)	14.8 (2.6)	0.6	0.26	small
		Plantarflexion*	-10.0 (2.0)	-15.2 (4.3)	5.2	1.55	large
		Inversion	4.3 (1.8)	5.6 (3.6)	1.3	0.46	small
		Eversion	-3.0 (1.2)	-3.1 (3.1)	0.1	0.04	trivial
		Adduction	1.9 (1.4)	3.4 (2.0)	1.5	0.87	large
	Midfoot	Abduction	-4.0 (1.7)	-3.7 (1.9)	0.3	0.17	trivial
		Dorsiflexion*	7.1 (2.7)	11.2 (2.8)	4.1	1.49	large
		Plantarflexion	-3.4 (1.7)	-4.6 (3.3)	1.2	0.46	small
		Inversion	2.7 (1.3)	4.4 (2.6)	1.7	0.83	large
		Eversion	-2.9 (1.6)	-2.2 (2.1)	0.7	0.38	small
		Adduction	2.9 (1.6)	2.8 (2.9)	0.1	0.04	trivial
		Abduction*	-1.0 (0.7)	-2.5 (2.1)	1.5	0.96	large
		Forefoot	Dorsiflexion	2.7 (1.0)	2.5 (2.2)	0.2	0.12
	Plantarflexion		-6.7 (1.7)	-6.7 (2.7)	0	0	trivial
	Inversion		4.0 (2.0)	3.2 (2.9)	0.8	0.32	small
	Eversion		-1.0 (1.5)	-1.0 (2.3)	0	0	small
	Adduction		2.0 (0.8)	2.9 (2.3)	0.9	0.52	medium
	Abduction	-1.4 (1.2)	-0.4 (2.4)	1.0	0.53	medium	
ROM (deg)	Rearfoot	Sagittal plane*	25.4 (3.1)	30.0 (4.9)	4.6	1.12	large
		Frontal plane	7.3 (1.9)	8.7 (3.4)	1.4	0.51	medium
		Transverse	6.0 (1.8)	7.0 (1.5)	1.0	0.6	medium
	Midfoot	Sagittal plane*	10.4 (2.5)	15.8 (3.7)	5.4	1.71	large
		Frontal plane	5.6 (1.9)	6.6 (2.3)	1.0	0.48	small
		Transverse	3.9 (1.8)	5.4 (1.8)	1.5	0.83	large
	Forefoot	Sagittal plane	9.4 (2.2)	9.2 (2.4)	0.2	0.09	trivial
		Frontal plane	5.0 (1.9)	4.2 (1.7)	0.8	0.44	small
		Transverse	3.4 (1.6)	3.3 (1.4)	0.1	0.07	trivial

Note: * indicates females significantly greater than males ($p < 0.05$).