**Table 1:** Dependent variables (DV) among the three groups of healthy runners.

|  |  |  |  |
| --- | --- | --- | --- |
| DV | **Tight**  mean (SD) | **Normal**  mean (SD) | **Flexible**  mean (SD) |
| Hip Ext (-) | **0.2°** (18.7) | **3.1°** (15.8) | **-10.5°** (16.5) |
| Ant Pelv Tilt (-) | **-27.8°** (6.0) | **-22.1°** (8.1) | **-18.1°** (2.3) |