

Supplemental Digital Content 3

Table. Time duration (ms) of and angular velocity ($^{\circ}/s$) at which the plantarflexors performed negative work prior to push-off

Age		Level walking			Uphill walking	
group	Variable	1.1 m/s	1.4 m/s	1.7 m/s	1.1 m/s	1.4 m/s
Y	Time	47.7 \pm 3.4	38.7 \pm 7.9	32.3 \pm 7.6	44.3 \pm 8.7	36.7 \pm 9.2
	Velocity	47.0 \pm 7.4	49.0 \pm 7.1	47.5 \pm 9.5	39.7 \pm 7.8	41.4 \pm 9.3
O	Time	45.7 \pm 4.7	39.2 \pm 4.9	29.6 \pm 8.9	40.3 \pm 13.0	33.4 \pm 8.9
	Velocity	46.2 \pm 7.2	48.8 \pm 6.5	54.5 \pm 9.1	35.8 \pm 10.0	45.8 \pm 8.0

Values are mean \pm SD. Y = young adults, O = older adults. Time duration (age: $F_{1,38}=0.493$, $p=0.487$) and angular velocity (age: $F_{1,38}=1.426$, $p=0.240$) across the five walking conditions were comparable between age groups. Note. The fast (i.e., 1.7 m/s) uphill walking condition is not included in the table as the amount of negative work is negligible in both age groups.