Supplemental Digital Content 3

T2 (ms) before and after eccentric exercise

		Pre-ECC	Post-ECC 24	Post-ECC 48	Post-ECC 72	ANCOVA*	Adj. 24	Adj. 48	Adj. 72
BFL_{Middle}	Seated-Leg	47.5 ± 4.0	48.2 ± 3.5	48.2 ± 3.6	47.8 ± 3.7	$F(2,58) = 0.8; 1.6; 3.4$	48.5	48.4	48.0
	Prone-Leg	47.9 ± 4.1	49.0 ± 3.8	48.4 ± 3.5	48.1 ± 3.5	$P = .465; .208; .040$[a]	49.0	48.5	48.1
	Control-Leg	48.2 ± 3.1	49.5 ± 3.2	49.8 ± 3.2	49.9 ± 3.3	Adj. Pre = 47.9	49.2	49.6	49.7
ST_{Middle}	Seated-Leg	47.1 ± 3.5	48.5 ± 3.3	48.4 ± 3.3	48.2 ± 3.7	$F(2,58) = 2.3; 8.2; 17.8$	48.2	48.1	47.8
	Prone-Leg	46.5 ± 3.5	48.3 ± 3.4	48.4 ± 3.5	48.8 ± 4.0	$P = .109; .001$[b]$; < .001$[c]	48.7	48.9	49.5
	Control-Leg	46.9 ± 3.3	56.2 ± 22.4	59.5 ± 17.5	73.6 ± 26.9	Adj. Pre = 46.8	56.1	59.4	73.5
SM_{Middle}	Seated-Leg	49.7± 4.1	49.2 ± 3.6	49.3 ± 2.8	48.9 ± 3.1	$F(2,58) = 4.5; 1.9; 7.3$	49.4	49.5	49.1
	Prone-Leg	49.9 ± 5.4	50.2 ± 4.6	50.4 ± 5.4	49.6 ± 5.1	$P = .015$[d]$; .155; .002$[e]	50.2	50.4	49.6
	Control-Leg	50.2 ± 3.9	51.3 ± 4.0	50.9 ± 3.3	51.6 ± 3.5	Adj. Pre = 49.9	51.1	50.8	51.4
BFS_{Middle}	Seated-Leg	47.5 ± 4.7	48.8 ± 4.9	48.3 ± 4.2	48.1 ± 4.1	$F(2,58) = 0.5; 1.5; 6.6$	49.3	48.8	48.6
	Prone-Leg	47.9 ± 3.2	49.1 ± 3.4	49.1 ± 3.0	48.1 ± 2.9	$P = .609; .235; .003$[f]	49.4	49.4	48.3
	Control-Leg	49.2 ± 3.9	50.7 ± 3.1	50.8 ± 3.5	51.5 ± 3.6	Adj. Pre = 48.3	50.0	50.2	51.0

Descriptive data are presented as means ± SDs

n = 19 legs for each of Seated-Leg and Prone-Leg, and 24 legs for Control-Leg

*The *F* and *P* values for Post-ECC 24, 48, and 72 are shown in this order, separated by semicolons.

Post-hoc (LSD) tests:

a) BFL_{Middle} at 72 h: Seated-Leg vs Prone-Leg, $P = .914$; Seated-Leg vs Control-Leg, $P = .027$; Prone-Leg vs Control-Leg, $P = .035$

b) ST_{Middle} at 48 h: Seated-Leg vs Prone-Leg, $P = .806$; Seated-Leg vs Control-Leg, $P = .001$; Prone-Leg vs Control-Leg, $P = .002$

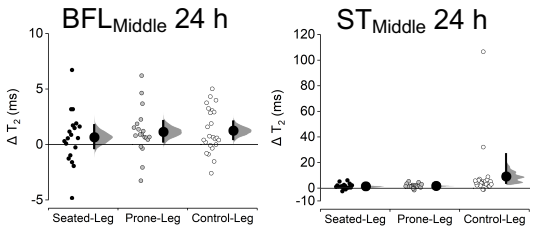
c) ST_{Middle} at 72 h: Seated-Leg vs Prone-Leg, $P = .743$; Seated-Leg vs Control-Leg, $P < .001$; Prone-Leg vs Control-Leg, $P < .001$

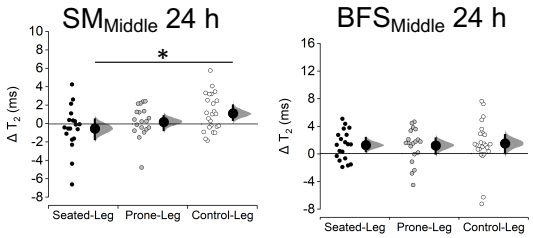
d) SM_{Middle} at 24 h: Seated-Leg vs Prone-Leg, $P = .210$; Seated-Leg vs Control-Leg, $P = .004$; Prone-Leg vs Control-Leg, $P = .103$

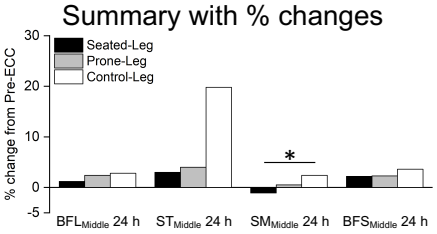
e) SM_{Middle} at 72 h: Seated-Leg vs Prone-Leg, $P = .460$; Seated-Leg vs Control-Leg, $P = .001$; Prone-Leg vs Control-Leg, $P = .007$

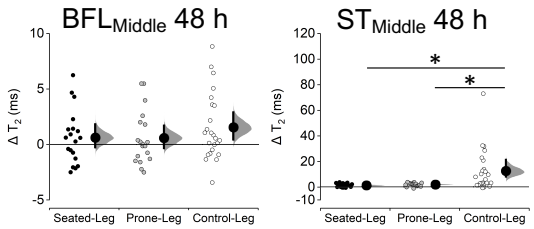
f) BFS_{Middle} at 72 h: Seated-Leg vs Prone-Leg, $P = 782$; Seated-Leg vs Control-Leg, $P = .005$; Prone-Leg vs Control-Leg, $P = .002$

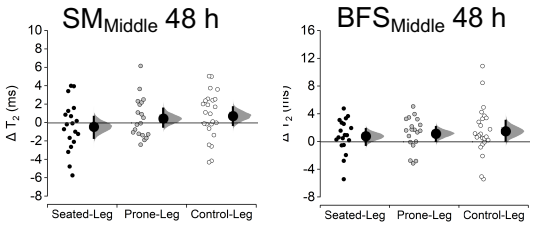
*Figures for Post-ECC 24 h and 48 h are shown below (the same figure legend as for Figure 6 applies here).

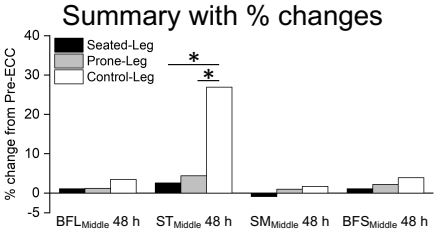

BFL$_{Middle}$ 24 h
ST$_{Middle}$ 24 h
Δ T$_2$ (ms)
Seated-Leg
Prone-Leg
Control-Leg


SM$_{Middle}$ 24 h
BFS$_{Middle}$ 24 h
*
Δ T$_2$ (ms)
Seated-Leg
Prone-Leg
Control-Leg


Summary with % changes
Seated-Leg
Prone-Leg
Control-Leg
% change from Pre-ECC
*
BFL$_{Middle}$ 24 h
ST$_{Middle}$ 24 h
SM$_{Middle}$ 24 h
BFS$_{Middle}$ 24 h


BFL$_{Middle}$ 48 h
ST$_{Middle}$ 48 h
*
*
Δ T$_2$ (ms)
Seated-Leg
Prone-Leg
Control-Leg


SM$_{Middle}$ 48 h
BFS$_{Middle}$ 48 h
Δ T$_2$ (ms)
Seated-Leg
Prone-Leg
Control-Leg


Summary with % changes
Seated-Leg
Prone-Leg
Control-Leg
% change from Pre-ECC
*
*
BFL$_{Middle}$ 48 h
ST$_{Middle}$ 48 h
SM$_{Middle}$ 48 h
BFS$_{Middle}$ 48 h