

Supplemental Digital Content 4

T2 (ms) before and after eccentric exercise

		Pre-ECC	Post-ECC 72	ANCOVA	Adjusted 72
BFL _{Proximal}	Seated-Leg	48.0 ± 5.4	48.4 ± 4.8	$F(2,58) = 3.2$ $P = .043^a$ Adjusted Pre = 47.7	48.2
	Prone-Leg	48.0 ± 4.8	49.2 ± 4.2		49.0
	Control-Leg	47.3 ± 3.3	50.5 ± 5.0		50.8
BFL _{Distal}	Seated-Leg	46.4 ± 4.0	47.0 ± 4.6	$F(2,58) = 3.1$ $P = .046^b$ Adjusted Pre = 46.2	46.9
	Prone-Leg	46.0 ± 3.5	46.9 ± 2.8		47.1
	Control-Leg	46.4 ± 2.6	48.6 ± 2.5		48.5
ST _{Proximal}	Seated-Leg	46.8 ± 3.3	48.1 ± 3.2	$F(2,58) = 15.7$ $P < .001^c$ Adjusted Pre = 47.2	49.2
	Prone-Leg	46.8 ± 2.9	50.3 ± 7.2		51.3
	Control-Leg	48.0 ± 3.3	76.9 ± 28.3		75.2
ST _{Distal}	Seated-Leg	43.7 ± 2.2	45.7 ± 2.6	$F(2,58) = 9.8$ $P < .001^d$ Adjusted Pre = 44.3	47.0
	Prone-Leg	43.7 ± 2.6	45.2 ± 2.5		46.6
	Control-Leg	45.2 ± 2.3	64.0 ± 21.4		61.8

Descriptive data are presented as means ± SDs

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

Post-hoc (LSD) tests:

- BFL_{Proximal} at 72 h: Seated-Leg vs Prone-Leg, $P = .515$; Seated-Leg vs Control-Leg, $P = .019$; Prone-Leg vs Control-Leg, $P = .090$
- BFL_{Distal} at 72 h: Seated-Leg vs Prone-Leg, $P = .817$; Seated-Leg vs Control-Leg, $P = .030$; Prone-Leg vs Control-Leg, $P = .052$
- ST_{Proximal} at 72 h: Seated-Leg vs Prone-Leg, $P = .708$; Seated-Leg vs Control-Leg, $P < .001$; Prone-Leg vs Control-Leg, $P < .001$
- ST_{Distal} at 72 h: Seated-Leg vs Prone-Leg, $P = .914$; Seated-Leg vs Control-Leg, $P < .001$; Prone-Leg vs Control-Leg, $P < .001$