**Supplemental Table 1:** Mean (95% confidence interval) normalised power for each control and symptomatic limb during eccentric exercise.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Participant | Frequency Window | | | | | | | | | | | | | | |
| 1 Hz | 2 Hz | 3 Hz | 4 Hz | 5 Hz | 6 Hz | 7 Hz | 8 Hz | 9 Hz | 10 Hz | 11 Hz | 12 Hz | 13 Hz | 14 Hz | 15 Hz |
| C 1 | 0.364 (0.033) | 0.219 (0.025) | 0.109 (0.020) | 0.069 (0.013) | 0.041 (0.007) | 0.026 (0.006) | 0.019 (0.003) | 0.020 (0.004) | 0.027 (0.007) | 0.026 (0.005) | 0.020 (0.005) | 0.011 (0.003) | 0.004 (0.001) | 0.002 (0.000) | 0.002 (0.000) |
| C 2 | 0.217 (0.033) | 0.190 (0.024) | 0.195 (0.028) | 0.073 (0.014) | 0.019 (0.003) | 0.013 (0.002) | 0.012 (0.002) | 0.022 (0.004) | 0.094 (0.017) | 0.110 (0.022) | 0.032 (0.007) | 0.007 (0.002) | 0.003 (0.001) | 0.002 (0.000) | 0.001 (0.000) |
| C 3 | 0.218 (0.033) | 0.288 (0.030) | 0.199 (0.024) | 0.045 (0.007) | 0.019 (0.003) | 0.014 (0.003) | 0.015 (0.004) | 0.040 (0.009) | 0.066 (0.013) | 0.069 (0.017) | 0.023 (0.008) | 0.005 (0.001) | 0.002 (0.000) | 0.001 (0.000) | 0.001 (0.000) |
| C 4 | 0.344 (0.032) | 0.260 (0.029) | 0.156 (0.023) | 0.073 (0.014) | 0.038 (0.007) | 0.027 (0.007) | 0.017 (0.005) | 0.017 (0.004) | 0.015 (0.003) | 0.007 (0.001) | 0.003 (0.001) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.001 (0.000) |
| C 6 | 0.247 (0.034) | 0.183 (0.024) | 0.165 (0.025) | 0.095 (0.015) | 0.046 (0.007) | 0.030 (0.007) | 0.022 (0.004) | 0.038 (0.007) | 0.063 (0.012) | 0.048 (0.011) | 0.021 (0.007) | 0.007 (0.002) | 0.003 (0.001) | 0.003 (0.000) | 0.002 (0.000) |
| C 7 | 0.166 (0.031) | 0.219 (0.029) | 0.201 (0.028) | 0.105 (0.017) | 0.065 (0.012) | 0.031 (0.006) | 0.021 (0.005) | 0.025 (0.005) | 0.046 (0.008) | 0.065 (0.014) | 0.037 (0.009) | 0.008 (0.002) | 0.003 (0.001) | 0.003 (0.001) | 0.002 (0.000) |
| C 8 | 0.131 (0.025) | 0.218 (0.024) | 0.329 (0.037) | 0.117 (0.016) | 0.052 (0.010) | 0.030 (0.005) | 0.034 (0.006) | 0.059 (0.012) | 0.025 (0.006) | 0.005 (0.001) | 0.003 (0.001) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) |
| C 9 | 0.255 (0.032) | 0.180 (0.023) | 0.113 (0.016) | 0.057 (0.009) | 0.043 (0.007) | 0.037 (0.008) | 0.033 (0.007) | 0.047 (0.010) | 0.091 (0.014) | 0.082 (0.016) | 0.023 (0.007) | 0.004 (0.001) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) |
| C 11 | 0.185 (0.030) | 0.155 (0.024) | 0.132 (0.025) | 0.052 (0.010) | 0.023 (0.005) | 0.015 (0.003) | 0.013 (0.002) | 0.024 (0.004) | 0.131 (0.022) | 0.198 (0.032) | 0.057 (0.014) | 0.008 (0.002) | 0.003 (0.001) | 0.002 (0.000) | 0.002 (0.000) |
| C EMM | 0.236 (0.011) | 0.212 (0.010) | 0.176 (0.009) | 0.075 (0.005) | 0.038 (0.002) | 0.025 (0.002) | 0.022 (0.002) | 0.035 (0.003) | 0.063 (0.004) | 0.067 (0.003) | 0.024 (0.001) | 0.006 (0.000) | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) |
| S 1 | 0.240 (0.031) | 0.240 (0.029) | 0.231 (0.030) | 0.105 (0.019) | 0.048 (0.008) | 0.025 (0.004) | 0.019 (0.003) | 0.019 (0.003) | 0.032 (0.008) | 0.019 (0.005) | 0.005 (0.001) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.001 (0.000) |
| S 2 | 0.237 (0.031) | 0.188 (0.026) | 0.151 (0.021) | 0.078 (0.004) | 0.024 (0.003) | 0.019 (0.003) | 0.016 (0.007) | 0.044 (0.021) | 0.143 (0.021) | 0.064 (0.014) | 0.008 (0.003) | 0.002 (0.001) | 0.001 (0.000) | 0.001 (0.000) | 0.001 (0.000) |
| S 3 | 0.227 (0.024) | 0.230 (0.027) | 0.180 (0.022) | 0.100 (0.015) | 0.070 (0.011) | 0.038 (0.005) | 0.034 (0.006) | 0.035 (0.006) | 0.032 (0.006) | 0.021 (0.005) | 0.007 (0.001) | 0.004 (0.001) | 0.003 (0.001) | 0.003 (0.000) | 0.002 (0.000) |
| S 4 | 0.303 (0.031) | 0.238 (0.026) | 0.143 (0.020) | 0.040 (0.006) | 0.018 (0.003) | 0.013 (0.002) | 0.019 (0.003) | 0.052 (0.012) | 0.107 (0.028) | 0.017 (0.005) | 0.002 (0.000) | 0.001 (0.000) | 0.001 (0.000) | 0.001 (0.000) | 0.001 (0.000) |
| S 5 | 0.249 (0.028) | 0.198 (0.027) | 0.160 (0.029) | 0.062 (0.013) | 0.022 (0.003) | 0.023 (0.005) | 0.051 (0.014) | 0.072 (0.017) | 0.039 (0.008) | 0.010 (0.002) | 0.003 (0.001) | 0.001 (0.000) | 0.001 (0.000) | 0.001 (0.000) | 0.001 (0.000) |
| S 6 | 0.374 (0.031) | 0.233 (0.023) | 0.144 (0.020) | 0.054 (0.009) | 0.024 (0.004) | 0.017 (0.003) | 0.014 (0.003) | 0.019 (0.004) | 0.020 (0.004) | 0.019 (0.005) | 0.010 (0.002) | 0.003 (0.001) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) |
| S 7 | 0.245 (0.030) | 0.192 (0.028) | 0.158 (0.021) | 0.081 (0.014) | 0.042 (0.007) | 0.030 (0.005) | 0.028 (0.006) | 0.054 (0.009) | 0.087 (0.017) | 0.047 (0.010) | 0.012 (0.002) | 0.004 (0.001) | 0.003 (0.001) | 0.002 (0.000) | 0.002 (0.001) |
| S 8 | 0.234 (0.030) | 0.213 (0.026) | 0.199 (0.026) | 0.071 (0.011) | 0.037 (0.006) | 0.029 (0.005) | 0.048 (0.008) | 0.082 (0.019) | 0.054 (0.012) | 0.011 (0.002) | 0.004 (0.001) | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) |
| S 9 | 0.374 (0.038) | 0.281 (0.032) | 0.145 (0.021) | 0.063 (0.011) | 0.031 (0.005) | 0.016 (0.003) | 0.010 (0.002) | 0.009 (0.002) | 0.005 (0.001) | 0.005 (0.001) | 0.004 0.001 () | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) |
| S 10 | 0.161 (0.023) | 0.175 (0.022) | 0.233 (0.031) | 0.124 (0.016) | 0.057 (0.010) | 0.034 (0.007) | 0.038 (0.008) | 0.067 (0.013) | 0.055 (0.012) | 0.020 (0.005) | 0.008 (0.002) | 0.004 (0.001) | 0.003 (0.001) | 0.002 (0.000) | 0.002 (0.000) |
| S 11 | 0.182 (0.024) | 0.154 (0.021) | 0.147 (0.024) | 0.104 (0.017) | 0.060 (0.011) | 0.052 (0.009) | 0.071 (0.013) | 0.099 (0.017) | 0.080 (0.015) | 0.031 (0.007) | 0.010 (0.002) | 0.004 (0.001) | 0.003 (0.001) | 0.002 (0.000) | 0.002 (0.000) |
| S EMM | 0.257 (0.010) | 0.212 (0.009) | 0.171 (0.008) | 0.080 (0.004) | 0.039 (0.002) | 0.027 (0.001) | 0.032 (0.002) | 0.050 (0.002) | 0.060 (0.003) | 0.024 (0.002) | 0.006 (0.001) | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) |

EEM is the estimated marginal mean derived from the linear mixed model.

**Supplemental Table 2:** Mean (95% confidence interval) normalised power for each control (C) and symptomatic (S) limb during concentric exercise.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Participant | Frequency Window | | | | | | | | | | | | | | |
| 1 Hz | 2 Hz | 3 Hz | 4 Hz | 5 Hz | 6 Hz | 7 Hz | 8 Hz | 9 Hz | 10 Hz | 11 Hz | 12 Hz | 13 Hz | 14 Hz | 15 Hz |
| C 1 | 0.383 (0.028) | 0.282 (0.025) | 0.129 (0.016) | 0.060 (0.008) | 0.033 (0.005) | 0.022 (0.003) | 0.014 (0.003) | 0.010 (0.002) | 0.007 (0.001) | 0.006 (0.001) | 0.005 (0.001) | 0.004 (0.001) | 0.003 (0.001) | 0.003 (0.000) | 0.003 (0.000) |
| C 2 | 0.263 (0.035) | 0.260 (0.029) | 0.244 (0.034) | 0.089 (0.016) | 0.038 (0.008) | 0.021 (0.004) | 0.016 (0.003) | 0.010 (0.002) | 0.007 (0.001) | 0.006 (0.001) | 0.004 (0.001) | 0.003 (0.001) | 0.003 (0.000) | 0.003 (0.000) | 0.002 (0.000) |
| C 3 | 0.335 (0.038) | 0.295 (0.032) | 0.197 (0.027) | 0.062 (0.011) | 0.024 (0.004) | 0.012 (0.002) | 0.008 (0.001) | 0.005 (0.001) | 0.004 (0.001) | 0.003 (0.001) | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.001 (0.000) | 0.001 (0.000) |
| C 4 | 0.439 (0.026) | 0.326 (0.028) | 0.087 (0.014) | 0.046 (0.008) | 0.018 (0.003) | 0.012 (0.002) | 0.008 (0.001) | 0.006 (0.001) | 0.004 (0.001) | 0.003 (0.000) | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) |
| C 6 | 0.334 (0.033) | 0.263 (0.028) | 0.203 (0.028) | 0.083 (0.014) | 0.030 (0.005) | 0.017 (0.003) | 0.010 (0.002) | 0.007 (0.001) | 0.005 (0.001) | 0.004 (0.000) | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.001 (0.000) |
| C 7 | 0.266 (0.039) | 0.319 (0.038) | 0.206 (0.033) | 0.092 (0.019) | 0.029 (0.006) | 0.014 (0.003) | 0.010 (0.002) | 0.006 (0.001) | 0.004 (0.001) | 0.003 (0.001) | 0.002 (0.001) | 0.002 (0.001) | 0.001 (0.000) | 0.001 (0.000) | 0.001 (0.000) |
| C 8 | 0.191 (0.026) | 0.298 (0.027) | 0.286 (0.028) | 0.101 (0.015) | 0.042 (0.005) | 0.024 (0.004) | 0.013 (0.002) | 0.009 (0.001) | 0.006 (0.001) | 0.006 (0.001) | 0.004 (0.001) | 0.003 (0.001) | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) |
| C 9 | 0.414 (0.035) | 0.242 (0.025) | 0.139 (0.024) | 0.057 (0.012) | 0.028 (0.006) | 0.016 (0.003) | 0.009 (0.002) | 0.007 (0.001) | 0.005 (0.001) | 0.004 (0.001) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.001 (0.000) | 0.001 (0.000) |
| C 11 | 0.276 (0.033) | 0.344 (0.035) | 0.227 (0.029) | 0.060 (0.010) | 0.027 (0.006) | 0.015 (0.002) | 0.009 (0.002) | 0.008 (0.001) | 0.006 (0.001) | 0.004 (0.001) | 0.003 (0.001) | 0.002 (0.000) | 0.002 (0.000) | 0.001 (0.000) | 0.001 (0.000) |
| C EMM | 0.322 (0.011) | 0.292 (0.010) | 0.188 (0.009) | 0.071 (0.005) | 0.029 (0.002) | 0.017 (0.002) | 0.012 (0.002) | 0.009 (0.003) | 0.007 (0.004) | 0.005 (0.003) | 0.003 (0.001) | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) |
| S 1 | 0.365 (0.037) | 0.263 (0.034) | 0.156 (0.022) | 0.060 (0.011) | 0.026 (0.004) | 0.015 (0.003) | 0.010 (0.002) | 0.007 (0.001) | 0.005 (0.001) | 0.004 (0.001) | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.001 (0.000) |
| S 2 | 0.377 (0.033) | 0.216 (0.026) | 0.141 (0.020) | 0.064 (0.009) | 0.032 (0.004) | 0.017 (0.002) | 0.011 (0.002) | 0.007 (0.001) | 0.006 (0.001) | 0.005 (0.001) | 0.004 (0.001) | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) |
| S 3 | 0.220 (0.031) | 0.242 (0.032) | 0.237 (0.030) | 0.110 (0.019) | 0.050 (0.011) | 0.037 (0.010) | 0.022 (0.006) | 0.010 (0.002) | 0.007 (0.002) | 0.006 (0.001) | 0.004 (0.001) | 0.003 (0.001) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) |
| S 4 | 0.391 (0.030) | 0.236 (0.028) | 0.144 (0.023) | 0.047 (0.007) | 0.022 (0.003) | 0.013 (0.002) | 0.009 (0.001) | 0.006 (0.001) | 0.005 (0.001) | 0.004 (0.001) | 0.003 (0.000) | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) |
| S 5 | 0.314 (0.034) | 0.287 (0.033) | 0.197 (0.025) | 0.072 (0.013) | 0.030 (0.006) | 0.016 (0.003) | 0.011 (0.002) | 0.007 (0.001) | 0.005 (0.001) | 0.004 (0.001) | 0.003 (0.001) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) |
| S 6 | 0.326 (0.036) | 0.311 (0.031) | 0.182 (0.026) | 0.056 (0.010) | 0.022 (0.004) | 0.015 (0.003) | 0.009 (0.002) | 0.007 (0.001) | 0.005 (0.001) | 0.003 (0.000) | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) |
| S 7 | 0.353 (0.028) | 0.272 (0.028) | 0.125 (0.018) | 0.084 (0.014) | 0.035 (0.007) | 0.021 (0.005) | 0.015 (0.003) | 0.014 (0.009) | 0.012 (0.008) | 0.005 (0.001) | 0.003 (0.001) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.001 (0.000) |
| S 8 | 0.306 (0.036) | 0.298 (0.031) | 0.200 (0.029) | 0.057 (0.012) | 0.030 (0.005) | 0.016 (0.003) | 0.011 (0.002) | 0.007 (0.002) | 0.005 (0.001) | 0.003 (0.001) | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.001 (0.000) | 0.001 (0.000) |
| S 9 | 0.349 (0.035) | 0.276 (0.030) | 0.149 (0.024) | 0.052 (0.009) | 0.025 (0.004) | 0.014 (0.002) | 0.009 (0.002) | 0.006 (0.001) | 0.005 (0.001) | 0.003 (0.001) | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) |
| S 10 | 0.323 (0.028) | 0.294 (0.027) | 0.156 (0.024) | 0.064 (0.010) | 0.036 (0.007) | 0.021 (0.004) | 0.019 (0.007) | 0.020 (0.010) | 0.011 (0.005) | 0.006 (0.001) | 0.004 (0.001) | 0.004 (0.001) | 0.003 (0.001) | 0.002 (0.000) | 0.002 (0.000) |
| S 11 | 0.221 (0.026) | 0.270 (0.027) | 0.254 (0.030) | 0.128 (0.020) | 0.054 (0.010) | 0.022 (0.003) | 0.014 (0.003) | 0.010 (0.002) | 0.010 (0.001) | 0.005 (0.001) | 0.004 (0.001) | 0.003 (0.001) | 0.003 (0.001) | 0.003 (0.001) | 0.002 (0.000) |
| S EMM | 0.324 (0.010) | 0.271 (0.009) | 0.176 (0.008) | 0.072 (0.004) | 0.033 (0.002) | 0.019 (0.001) | 0.012 (0.002) | 0.009 (0.003) | 0.006 (0.003) | 0.004 (0.002) | 0.003 (0.001) | 0.003 (0.000) | 0.002 (0.000) | 0.002 (0.000) | 0.002 (0.000) |

EEM is the estimated marginal mean derived from the linear mixed model.