**Supplemental Digital Content 2.** Elongation of the gastrocnemius medialis (GM) and soleus (SOL) muscles and the Achilles tendon, and percent contribution to total muscle-tendon unit (MTU) elongation, during passive dorsiflexion, before (PRE) and after (POST) 24 weeks of stretching. Muscle and tendon elongation are reported based on lengths measured at anatomical joint angle, as absolute values and as percent contribution to total MTU elongation. ES signifies effect size.

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| **GM muscle elongation (mm)** | | **PRE** | | | | **POST** | | | | ***P* inter.** | ***P* side** | ***P* time** | **Post hoc *P*** | | **ES** |
| At standardized angle | Stretching | 6.6 | ± | 2.4 | 6.5 | | ± | 2.7 | 0.57 | | 0.16 | 0.38 | | 0.97 | 0.16 |
|  | Control | 7.8 | ± | 3.3 | 7.5 | | ± | 2.9 | 0.52 |
| At maximal angle | Stretching | 6.6 | ± | 2.4 | 9.8 | | ± | 2.6 | < 0.001 | | 0.74 | < 0.001 | | < 0.001 | 1.02 |
|  | Control | 8.0 | ± | 3.3 | 8.9 | | ± | 3.0 | 0.16 |
| **Whole Achilles tendon elongation (mm)** | | | | | | | | | | | | | | |  |
| At standardized angle | Stretching | 3.7 | ± | 3.9 | 3.8 | | ± | 2.7 | 0.57 | | 0.28 | 0.38 | | 0.97 | 0.16 |
|  | Control | 4.6 | ± | 3.6 | 4.9 | | ± | 3.0 | 0.52 |
| At maximal angle | Stretching | 3.7 | ± | 3.9 | 9.2 | | ± | 4.6 | < 0.01 | | 0.67 | < 0.001 | | < 0.001 | 1.02 |
|  | Control | 4.8 | ± | 3.5 | 7.2 | | ± | 4.1 | < 0.01 |
| **GM muscle elongation (% contribution to MTU elongation)** | | | | | | | | | | | | | | |  |
| At standardized angle | Stretching | 65 | ± | 21 | 62 | | ± | 11 | 0.89 | | 0.51 | 0.12 | | 0.53 | 0.04 |
|  | Control | 63 | ± | 24 | 58 | | ± | 15 | 0.41 |
| At maximal angle | Stretching | 65 | ± | 21 | 49 | | ± | 13 | 0.16 | | 0.98 | < 0.001 | | < 0.001 | 0.41 |
|  | Control | 61 | ± | 24 | 53 | | ± | 15 | 0.08 |
| **Whole Achilles tendon elongation (% contribution to MTU elongation)** | | | | | | | | | | | | | | |  |
| At standardized angle | Stretching | 35 | ± | 21 | 38 | | ± | 11 | 0.89 | | 0.51 | 0.12 | | 0.53 | 0.04 |
|  | Control | 37 | ± | 24 | 42 | | ± | 15 | 0.41 |
| At maximal angle | Stretching | 35 | ± | 21 | 51 | | ± | 13 | 0.16 | | 0.98 | < 0.001 | | < 0.001 | 0.41 |
|  | Control | 39 | ± | 24 | 47 | | ± | 15 | 0.08 |

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| **SOL muscle elongation (mm)** | | | | | | | | | | | |  |
| At standardized angle | Stretching | 4.7 | ± | 2.4 | 4.4 | ± | 2.2 | 0.11 | 0.67 | < 0.01 | 0.60 | 0.64 |
|  | Control | 5.4 | ± | 3.0 | 4.3 | ± | 2.8 | < 0.005 |
| At maximal angle | Stretching | 4.7 | ± | 2.4 | 6.7 | ± | 3.0 | < 0.001 | 0.61 | < 0.05 | < 0.001 | 1.02 |
|  | Control | 5.4 | ± | 3.0 | 5.2 | ± | 3.1 | 0.79 |
| **Free Achilles tendon elongation (mm)** | | | | | | | | | | | |  |
| At standardized angle | Stretching | 5.3 | ± | 3.6 | 5.6 | ± | 3.7 | 0.11 | < 0.05 | < 0.01 | 0.60 | 0.34 |
|  | Control | 6.7 | ± | 4.2 | 7.8 | ± | 3.7 | < 0.005 |
| At maximal angle | Stretching | 5.3 | ± | 3.6 | 12.4 | ± | 5.0 | < 0.01 | 0.70 | < 0.001 | < 0.001 | 1.21 |
|  | Control | 7.1 | ± | 4.3 | 10.8 | ± | 4.8 | < 0.001 |
| **SOL muscle elongation (% contribution to MTU elongation)** | | | | | | | | | | | |  |
| At standardized angle | Stretching | 49 | ± | 19 | 46 | ± | 15 | 0.13 | 0.27 | < 0.05 | 0.69 | 0.44 |
|  | Control | 48 | ± | 27 | 36 | ± | 17 | < 0.05 |
| At maximal angle | Stretching | 49 | ± | 19 | 36 | ± | 13 | 0.77 | 0.56 | < 0.001 | < 0.001 | 0.09 |
|  | Control | 47 | ± | 28 | 33 | ± | 16 | < 0.005 |
| **Free Achilles tendon elongation (% contribution to MTU elongation)** | | | | | | | | | | | |  |
| At standardized angle | Stretching | 51 | ± | 19 | 54 | ± | 15 | 0.13 | 0.27 | < 0.05 | 0.69 | 0.44 |
|  | Control | 52 | ± | 27 | 64 | ± | 17 | < 0.05 |
| At maximal angle | Stretching | 51 | ± | 19 | 64 | ± | 13 | 0.77 | 0.56 | < 0.001 | < 0.001 | 0.09 |
|  | Control | 53 | ± | 28 | 67 | ± | 16 | < 0.005 |