**S1 Table. MyotonPRO output showing difference in tendon (site 1) and muscle (site 7) properties.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Frequency (Hz) | Stiffness (N/m) | Decrement |  |  |
|  | Skin | No skin | Skin | No skin | Skin | No skin |  |  |  |  |
| Tendon | 40.2 ±1.0 | 33.7±0.5 | 728 ±17 | 704±7 | 1.81 ±0.11 | 1.61 ±0.06 |  |  |  |  |
| muscle | 29.8±0.9 | 32.8 ±1.6 | 598±34 | 590 ±31 | 2.34 ±0.12 | 2.64 ±0.13 |  |  |  |  |

Data are shown as mean +/- SD. Tendon and muscle were significantly different for all measured parameters.