

Neuromuscular Characteristics of Unilateral and Bilateral Maximal Voluntary Isometric Contractions following ACL Reconstruction

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Table S1. ICCs (95% confidence limit, lower limit-LL, upper limit-UL) of MVICs and RFD values.

Group	Variable	UL				BL
		<i>Operated Leg</i>	<i>Non-Operated Leg</i>	<i>RL</i>	<i>LL</i>	
ACL	MVICs	0.95 (0.85-0.98)	0.98 (0.93-0.99)	NA	NA	0.99 (0.98-1)
	RFD	0.88 (0.67-0.96)	0.83 (0.48-0.93)	NA	NA	0.87 (0.65-0.96)
CG	MIVCs	NA	NA	0.99 (0.95-1)	0.83 (0.40-0.96)	0.94 (0.82-0.98)
	RFD	NA	NA	0.92 (0.77-0.97)	0.85 (0.59-0.95)	0.95 (0.84-0.98)

Abbreviations: unilateral (UL), bilateral (BL), maximal voluntary isometric contractions (MVICs), rate of force development (RFD), right leg (RL), and left leg (LL)

Table S2. ICCs (95% confidence limit, lower limit-LL, upper limit-UL) of sEMG values recorded during unilateral MVICs and RFD.

Variable	ACL Group		Control Group	
	Unilateral Exercise		Unilateral Exercise	
	<i>Operated Leg</i>	<i>Non-Operated Leg</i>	<i>Right Leg</i>	<i>Left Leg</i>
sEMG_{GRMS} relative to MVICs				
VL	0.91 (0.77-0.97)	0.95 (0.87-0.98)	0.88 (0.66-0.96)	0.94 (0.82-0.98)
VM	0.74 (0.43-0.91)	0.91 (0.74-0.97)	0.91 (0.75-0.97)	0.92 (0.78-0.98)
RF	0.94 (0.83-0.98)	0.93 (0.78-0.98)	0.93 (0.79-0.98)	0.98 (0.93-0.99)
BF	0.94 (0.80-0.98)	0.80 (0.48-0.93)	0.98 (0.94-0.99)	0.90 (0.71-0.97)
sEMG_{GRMS} relative to RFD				
VL	0.89 (0.57-0.87)	0.98 (0.93-0.99)	0.95 (0.85-0.98)	0.89 (0.68-0.96)
VM	0.88 (0.53-0.93)	0.91 (0.75-0.97)	0.91 (0.75-0.97)	0.89 (0.70-0.97)
RF	0.87 (0.59-0.96)	0.84 (0.55-0.95)	0.80 (0.49-0.93)	0.80 (0.48-0.93)
BF	0.72 (0.39-0.90)	0.87 (0.65-0.96)	0.95 (0.86-0.99)	0.85 (0.60-0.95)

Abbreviations: maximal voluntary isometric contractions (MVICs), vastus lateralis (VL), vastus medialis (VM), rectus femoris (RF), biceps femoris (BF) and rate of force development (RFD).

Table S3. ICCs (95% confidence limit, lower limit-LL, upper limit-UL) of sEMG values recorded during bilateral MVICs.

Variable	ACL Group		Control Group	
	<i>Bilateral Exercise</i>		<i>Bilateral Exercise</i>	
	<i>Operated Leg</i>	<i>Non-Operated Leg</i>	<i>Right Leg</i>	<i>Left Leg</i>
sEMG_{RMS} relative to MVICs				
VL	0.98 (0.93-0.99)	0.78 (0.44-0.93)	0.87 (0.65-0.96)	0.97 (0.90-0.99)
VM	0.93 (0.79-0.98)	0.88 (0.77-0.96)	0.93 (0.80-0.98)	0.97 (0.90-0.99)
RF	0.81 (0.47-0.94)	0.98 (0.94-0.99)	0.75 (0.38-0.92)	0.92 (0.77-0.97)
BF	0.94 (0.83-0.98)	0.98 (0.93-0.99)	0.98 (0.93-0.99)	0.92 (0.78-0.98)
sEMG_{RMS} relative to RFD				
VL	0.93 (0.80-0.98)	0.87 (0.63-0.96)	0.93 (0.79-0.98)	0.91 (0.73-0.97)
VM	0.89 (0.70-0.97)	0.92 (0.77-0.97)	0.94 (0.83-0.98)	0.96 (0.87-0.99)
RF	0.89 (0.68-0.97)	0.95 (0.84-0.99)	0.81 (0.51-0.94)	0.81 (0.49-0.93)
BF	0.89 (0.60-0.97)	0.91 (0.72-0.97)	0.81 (0.51-0.94)	0.88 (0.67-0.96)

Abbreviations: maximal voluntary isometric contractions (MVICs), vastus lateralis (VL), vastus medialis (VM), rectus femoris (RF), biceps femoris (BF) and rate of force development (RFD).