

**Table S2:** Strain rate indices normalized to force for different ankle angles and % MVC

| Ankle Position | %MVC | Peak Force (N) | SR <sub>A1</sub> <sup>*,δ</sup> | SR <sub>A2</sub> <sup>*,δ,†</sup> | SR <sub>out-plane</sub> | SR <sub>max</sub> <sup>°,†,*</sup> |
|----------------|------|----------------|---------------------------------|-----------------------------------|-------------------------|------------------------------------|
| Plantarflexion | 50   | 32 ± 6.96      | -11.3904 ± 2.25                 | 6.7902 ± 1.2145                   | -4.1554 ± 2.8026        | -9.0903 ± 1.6516                   |
|                | 25   | 16.72 ± 3.69   | -17.9205 ± 4.092                | 12.9672 ± 2.4176                  | -5.3091 ± 3.7725        | -15.4439 ± 3.0423                  |
| Neutral        | 50   | 74.24 ± 9.65   | -6.0078 ± 0.7691                | 3.6008 ± 0.52                     | 0.9904 ± 1.3631         | -4.8043 ± 0.5476                   |
|                | 25   | 37.68 ± 4.88   | -10.2542 ± 2.1635               | 5.7975 ± 1.2654                   | 0.6457 ± 3.4186         | -8.0259 ± 1.26                     |
| Dorsiflexion   | 50   | 141.2 ± 9.25   | -2.8763 ± 0.6285                | 1.9138 ± 0.1749                   | -0.3849 ± 0.2495        | -2.3951 ± 0.3313                   |
|                | 25   | 73.82 ± 4.26   | -3.8365 ± 0.7836                | 3.0488 ± 0.222                    | -2.4865 ± 0.8502        | -3.4427 ± 0.4689                   |

\* Significant difference between 25% and 50% MVC

† Significant difference between PF and DF

δ Significant difference between PF and N

° Significant difference between N and DF