**Supplementary Material 1. Differences and reliability between repeated measures on left and right sides**

| | Test 1 | Test 2 | Difference (95CI) | P | ICC |
|---|---|---|---|---|---|
| | Mean (SD) | Mean (SD) | | | |
| **Right** (n=50) | | | | | |
| Muscle tone, Hz | 12.4 (1.9) | 12.4 (1.9) | 0.1 (-0.1 to 0.3) | .476 | .929 (excellent) |
| Muscle stiffness, Nm | 238.0 (35.2) | 237.4 (38.3) | 0.6 (-2.9 to 4.0) | .738 | .945 (excellent) |
| Muscle elasticity, log | 4.6 (18.8) | 4.8 (22.1) | -0.2 (-1.3 to 0.9) | .668 | .982 (excellent) |
| **Left** (n=39) | | | | | |
| Muscle tone, Hz | 12.7 (2.0) | 12.7 (2.0) | -0.0 (-0.3 to 0.3) | .922 | .884 (good) |
| Muscle stiffness, Nm | 253.4 (36.2) | 254.2 (37.2) | -0.8 (-5.7 to 4.0) | .728 | .916 (excellent) |
| Muscle elasticity, log | 1.8 (0.3) | 1.8 (0.3) | -0.0 (-0.7 to 0.1) | .807 | .826 (good) |
| Data shown as mean and standard deviation (SD). 95% confidence intervals (95CI) are shown for difference. ICC = Intraclass correlation coefficient (two-way mixed single measures), between .750 and .900 was defined as 'good'; above .900 was defined as 'excellent'. Significance recognised P<.050. | | | | | |