

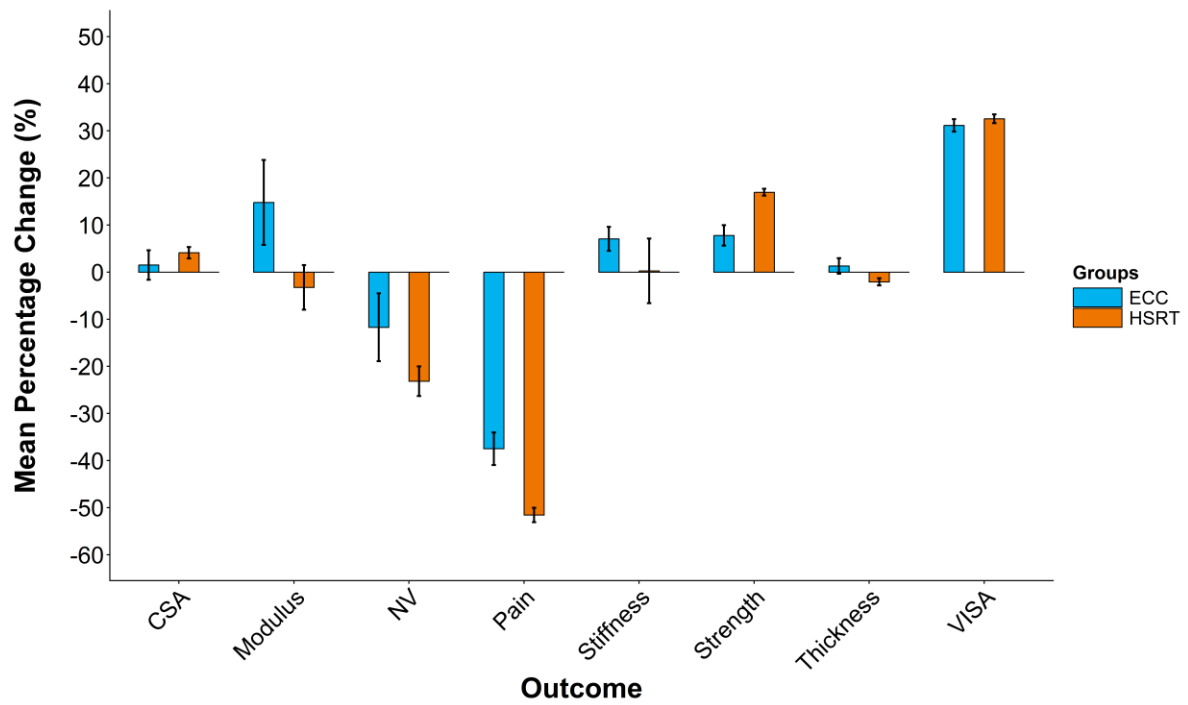


Figure 1. Mean percentage changes in tendon and muscle outcomes after eccentric and HSRT. Error bars represent the pooled standard error of the pooled mean. ECC: eccentric training; HSRT: heavy-slow resistance training; CSA: tendon cross-sectional area; NV: neovascularization; VISA: Victorian Institute Sports Assessment questionnaire.