**ACRONYMS**

EC AP Sway: Eyes Closed Anteroposterior Sway

EO AP Sway: Eyes Open Anteroposterior

EC ML Sway: Eyes Closed Mediolateral

EO ML Sway: Eyes Open Mediolateral

ECC:Eccentric leg press training programme

ECCPF:Eccentric leg press and plantarflexor training programme

TUG: Timed-Up-And-Go test

**EQUIPMENT (SOFTWARE) AND MEASURES**

BTE Eccentron, Physiquipe, Manchester, UK: Strength

Vivid I, General Electric, Bedford, UK: Muscle thickness, fascicle length, pennation angle

AccuGait, AMTI (BioAnalysis, V2.2), Watertown, USA: Postural sway measures