



## Article

# Effects of different heel heights on lower extremity joint loading in experienced and in-experienced users: A musculoskeletal simulation analysis

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Table 2: Muscle-tendon length parameters (Mean & standard deviations) as a function of experience and heel height. \*

	Experienced								In-Experienced								MCID	
	High		Medium		Low		Trainer		High		Medium		Low		Trainer			
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD		
<b>Soleus (cm)</b>	27.53 <i>BCD</i>	0.54	28.63 <i>ACD</i>	0.40	28.80 <i>ABD</i>	0.46	29.99 <i>ABC</i>	0.25	28.04 <i>BCD</i>	1.33	28.50 <i>ACD</i>	0.43	28.78 <i>ABD</i>	0.31	29.92 <i>ABC</i>	0.25	0.01	*
<b>Lateral gastrocnemius (cm)</b>	42.19 <i>BCD</i>	0.49	43.41 <i>ACD</i>	0.28	43.70 <i>ABD</i>	0.43	44.93 <i>ABC</i>	0.28	42.71 <i>BCD</i>	1.25	43.37 <i>ACD</i>	0.44	43.65 <i>ABD</i>	0.34	44.84 <i>ABC</i>	0.29	0.01	*
<b>Medial gastrocnemius (cm)</b>	42.60 <i>BCD</i>	0.48	43.79 <i>ACD</i>	0.28	44.08 <i>ABD</i>	0.42	45.29 <i>ABC</i>	0.28	43.11 <i>BCD</i>	1.22	43.75 <i>ACD</i>	0.43	44.02 <i>ABD</i>	0.33	45.19 <i>ABC</i>	0.29	0.01	*

**Key**

\* = main effect of FOOTWEAR

A = significantly different from high

B = significantly different from medium

C = significantly different from low

D = significantly different from trainer