

Participant information sheet (summary)

You are invited to take part in a research study investigating how different types of resistance training affect the muscles and tendons of the lower leg. The study compares two training methods: *eccentric quasi-isometric (EQI) training* and *traditional eccentric training*.

If you decide to participate, you will first attend a baseline testing session at the University of Primorska, Faculty of Health Sciences in Izola. We will measure the mechanical and structural properties of your calf muscles and Achilles tendon using ultrasound and myotonometry, as well as your strength and ankle flexibility.

You will then be randomly assigned to one of three groups:

- **EQI training group** – performing a specific isometric–eccentric exercise,
- **Eccentric training group** – performing a traditional heel-drop exercise, or
- **Control group** – maintaining your usual physical activity.

Training sessions will take place twice per week for 6 weeks and will be supervised by qualified researchers. Each session will last about 30–40 minutes. After the program, you will repeat all baseline tests.

Potential risks include temporary muscle soreness similar to that experienced after intense exercise. There are no known serious risks associated with the procedures. Participation is voluntary, and you may withdraw at any time without providing a reason. All collected data will be treated confidentially and analyzed anonymously.

If you have any questions about the study, you can contact:

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