

**Figure 1.** Schematic illustration of the main variables of interest obtained from the recruitment curves of one old adult. A. Maximal amplitude of the M wave (MMAX) and H reflex (HMAX), M-wave amplitude associated with HMAX (MHmax), H-reflex amplitude associated with an M wave of 5% MMAX (HM5) and current intensity associated with a M-wave and H-reflex amplitude of 50% MMAX (IM50) and HMAX (IH50). These data were extracted from the H-reflex and M-wave recruitment curves fitted by a Boltzmann sigmoid function. B, C and D. Illustration of the MMAX, HMAX, MHmax) and HM5%. E. Response threshold and strength-duration time constant (SDTC), extracted from the threshold-charge vs stimulus duration relation.