

**Figure 2**. H-reflex and M-wave recruitment curves (RC) in one young (23 yrs; left panels) and one old adult (67 yrs; right panels) recorded with pulse duration of 0.05 ms (top panels), 0.2 ms (middle panels) and 1 ms (bottom panels). The H-reflex and M-wave amplitude are expressed as percentage of the maximal amplitude of the M wave (MMAX), while the current intensity is expressed relative to the intensity evoking an M wave of 50% of MMAX (IM50). Open and filled circles represent H-reflex and M-wave data, respectively. Continuous lines represent the fitting of the experimental data (ascending part only for the H reflex) by a Boltzmann sigmoid function.