

**Figure 4 –** Effect of age on the response threshold and SDTC of the H reflex and M wave of young and old adults.# indicates a difference between young and old adults (p ≤ 0.05). \*\*\* indicates significant differences between the M-wave and H-reflex pathways (p ≤ 0.001). Bars and error bars represent means and SEM, respectively.