

Muscle size, not quality, explains low passive skeletal muscle force in heart failure patients

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26 **ABSTRACT**

27 **Background.** Impaired skeletal muscle has been linked to the compromised exercise capacity
28 characterizing chronic heart failure (CHF). However, how passive skeletal muscle force is affected
29 in CHF is not clear. Understanding passive force characteristics in CHF can help further elucidate the
30 extent to which altered contractile properties and architecture affect muscle and locomotor function.
31 Therefore, the aim of this study was to investigate passive force in a single muscle for which non-
32 invasive measures of muscle size are possible, the soleus (SOL), both in CHF patients and age- and
33 physical activity-matched control participants.

34 **Methods.** Soleus muscle force and size were obtained by means of a novel approach combining
35 experimental data (dynamometry, electromyography, ultrasound imaging) with a musculoskeletal
36 model.

37 **Results.** We found reduced passive SOL forces (~30%) (at equivalent levels of muscle stretch) in
38 CHF *vs.* healthy individuals. This difference was eliminated when force was normalized by
39 physiological cross sectional area, indicating that reduced force output may be most strongly
40 associated with muscle size. Nevertheless, passive force was significantly higher in CHF at a given
41 absolute muscle length and likely explained by the shorter optimal muscle lengths measured in CHF
42 compared to the control participants. This later factor may lead to altered performance of the SOL in
43 functional tasks such gait.

44 **Discussion.** These findings suggest exercise rehabilitation targeting muscle hypertrophy, and for the
45 calf muscles, exercise that promotes muscle lengthening.

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52 INTRODUCTION

53 Growing evidence suggests that deficiencies in the skeletal muscle contributes to the limited
54 functional capacity that characterizes chronic heart failure (CHF) and to the progression of the
55 disease. For example, it is apparent that patients with CHF have a reduction in muscle size (*Mancini*
56 *et al., 1992; Minotti et al., 1993; Anker et al., 1999; Fülster et al., 2013*) and strength (as determined
57 by net joint moments) in the lower limbs (*Magnusson et al., 1994; Chua et al., 1995; Harrington et*
58 *al., 1997; Sunnerhagen et al., 1998; Toth et al., 2006; Toth et al., 2010; Panizzolo et al., 2015*)
59 compared to healthy age-matched individuals, and that these reductions are related to aerobic exercise
60 capacity (*Volterrani et al., 1994; Harrington et al., 1997; Panizzolo et al., 2015*). It is still not clear,
61 however, if the reduction in muscle and functional capacity are associated primarily with reduced
62 muscle size that is known to occur in CHF (*Mancini et al., 1992; Fülster et al., 2013; Panizzolo et*
63 *al., 2015*) or if size-independent characteristics- muscle quality- is an important determinant. Indeed,
64 several studies that have measured both voluntary strength and muscle size in the quadriceps suggest
65 that muscle size alone does not account for the loss of strength (*Harrington et al., 1997; Toth et al.,*
66 *2006; Toth et al., 2010*). Resolving whether muscle size or quality is more closely linked to muscle
67 function can prove important for guiding rehabilitation strategies in CHF.

68 Measurements of passive muscle forces and how they are related to muscle architecture can
69 provide important information for understanding the mechanisms behind the alterations in skeletal
70 muscle function associated with CHF. In particular, they can shed further light on whether motor
71 deficits are related primarily to reductions in muscle size and the extent to which altered contractile
72 properties and architecture affect *in vivo* function at a whole muscle level without introducing
73 variability arising from voluntary and/or twitch contractions (*Princivero et al., 2000; Oskuei et al.,*
74 *2003*). Passive forces are also functionally relevant as they influence normal (*Silder, Heiderscheit &*
75 *Thelen, 2008*) and pathological (*Geertsen et al., 2015*) gait mechanics.

76 Our understanding of how passive skeletal muscle force is affected in CHF is currently
77 unclear. Passive forces in cardiac muscle are altered in CHF (*Van der Velden, 2011*), as well as in
78 diaphragm skeletal muscle (*Van Hees et al., 2010*). Surprisingly, as far as we are aware, only one
79 study (*Van Hees et al., 2010*) has investigated passive forces in appendicular skeletal muscle in CHF
80 and it has been conducted in a mouse model. This study reported unaltered passive forces in the soleus
81 (SOL) muscle of CHF-affected mice, compared to a control group, when taking into consideration
82 muscle size.

83 The aim of this study was to investigate the passive forces in the SOL muscle of CHF patients and
84 age- and physical activity-matched control participants, as well as the relationship between muscle
85 architecture [physiological cross sectional area (PCSA), muscle length, pennation angle] and passive
86 force. The SOL was selected because it permits an estimation of passive force in a single muscle
87 (*Rubenson et al., 2012; Tian et al., 2012*). Furthermore, SOL has been identified as a primary muscle
88 in which muscle loss occurs in CHF (*Panizzolo et al., 2015; Green et al., 2016*) and its size is strongly
89 correlated with the reduced exercise capacity present in CHF (*Panizzolo et al., 2015*) (more so than
90 the gastrocnemius synergist) and thus is a muscle of choice for muscle-specific analysis. We
91 hypothesized that there would be a reduction in passive force in CHF patients, compared to a healthy
92 population. We further hypothesized that passive force would be similar after normalizing for the
93 muscle PCSA, thus attributing any alteration to muscle size.

94

95 **MATERIALS AND METHODS**

96 **Participants**

97 Patients with CHF and age- and physical activity-matched control participants who were free from
98 other musculoskeletal disorders and lower limb musculoskeletal injuries were recruited for this study.
99 The CHF group included 12 participants (7 men, 5 women) in the class II-IV of the New York Heart
100 Association (NYHA) classification with an ejection fraction of $30.5 \pm 9.6\%$. (For anthropometric

101 characteristics and exclusion criteria see Table 1). The control group was composed of 12 healthy
102 participants recruited from the local community (8 men, 4 women). The CHF group underwent
103 regular exercise activity 2-3 times per week for ~ 1 hour per session (treadmill walking and resistance
104 weight training) as part of their standard patient care. The control participants underwent similar
105 levels of weekly exercise. All participants read and signed an informed consent prior to participating
106 in the study and all of the procedures were approved by the Human Research Ethics Committee at
107 The University of Western Australia (approval ID: RA/4/1/2533) and Royal Perth Hospital (approval
108 ID: 2011/019).

109

110 **Passive force estimates**

111 The procedures used to estimate passive and active SOL forces were similar to those adopted
112 previously, with the exception that passive force was measured during continuous joint rotation
113 (*Rubenson et al., 2012*). Passive moments were recorded with the participants sitting upright with
114 their right foot and ankle positioned in a dynamometer (Biodex M3, Shirley, NY, USA) and with the
115 knee positioned at 120° of flexion (0° knee fully extended) to mitigate the force contribution of the
116 gastrocnemius muscles (*Maganaris, 2001*). The net passive ankle joint moment (M_p) was computed
117 by subtracting the moment generated by the Biodex rig and the weight of the foot (*Rubenson et al.,*
118 *2012*); the weight of the foot was expressed as a percentage of body mass. The M_p over a joint's range
119 of motion passes through zero at an angle that approximates where passive muscle forces reach zero
120 (*Silder et al., 2007*) (Figure 1). Moment data recorded by the dynamometer were filtered using 4th-
121 order zero-lag 2 Hz low-pass Butterworth filter (MATLAB, The MathWorks Inc., USA). To detect
122 the inflexion point in M_p where net dorsiflexion and plantarflexion moment converge on zero we first
123 fitted the joint angle vs. M_p data with a 5th-order polynomial based on visual inspection of the data

124 and subsequently computed the first order derivative of this function (MATLAB, The MathWorks
125 Inc., USA) (Figure 1).

126 In some instances the inflexion point was slightly above or below zero moment (<1.5 Nm or
127 $\sim 7\%$ of the peak passive moment). This can occur if the weight of the leg transmits a small moment
128 about the Biodex axis (i.e. small misalignment of ankle center of rotation) or if the moment predicted
129 from weight of the foot has small errors. In these cases the passive moment data was corrected for
130 the offset. Contribution from synergist muscles are minimal at the joint postures adopted (*Maganaris,*
131 *2001; Silder et al. 2007; Rubenson et al., 2012*). Passive force estimates from subject-specific scaled
132 OpenSim models (version 2.0.2) further indicated that passive force from synergist muscles were
133 minimal at the recorded knee and ankle postures.

134 The method described above does not account for passive moments arising from joint
135 articulations and skin, but these are minimal compared to the passive moments arising from passive
136 force in the Achilles tendon (*Costa et al., 2006*). In passive trials electromyography (EMG) from the
137 tibialis anterior (TA), the medial and lateral gastrocnemius muscles (MG, LG, respectively) and the
138 SOL were recorded (Noraxon wireless system, Scottsdale, AZ, USA, 2000 Hz) to ensure the muscles
139 crossing the ankle remained inactive. For each trial, real-time root-mean-square (RMS) waves of the
140 muscles' activity were computed from the EMG signals (incorporating DC offset; Spike2 V7
141 software; Cambridge Electronic Design, Cambridge, UK) (*Rubenson et al. 2012*). Soleus fascicle
142 lengths and pennation angle were recorded using dynamic B-mode ultrasound (Telemed, EchoBlaster
143 128, Lithuania; 25 Hz capture rate; 7.5 MHz 60 mm linear array probe) following the placement and
144 image analysis procedures outlined previously (*Rubenson et al., 2012; Panizzolo et al., 2013*).
145 Simultaneous measurements of ankle joint flexion/extension angles were made using a portable 3D
146 motion capture system (Optitrack, Corvallis, Oregon, US, 100 Hz). The net joint moment, EMG,
147 ultrasound images and joint angles were recorded synchronously (Micro1401-3; Cambridge
148 Electronic Design, Cambridge, UK; 2000 Hz) as the ankle was cycled through its full range of motion
149 (the most plantarflexed and most dorsiflexed position tolerated by the participant) at a constant speed

150 of 5°/s over three consecutive cycles. Three initial warm-up cycles were performed prior the recording
151 of any measurements. The SOL passive force ($F_{p_{SOL}}$) was computed continuously throughout the joint
152 range of motion as the joint underwent dorsiflexion. Passive force was calculated as per (*Rubenson*
153 *et al.*, 2012) using the following equation:

$$154 \quad F_{p_{SOL}} = \frac{M_p}{r \cdot \cos \theta} \quad (1)$$

155 Where r represents the Achilles moment arm data and θ the SOL pennation angle. Participant-specific
156 Achilles moment arm data were established experimentally on a separate testing day, following the
157 method described previously in (*Manal, Cowder & Buchanan, 2010*). In this method B-model
158 ultrasound (Telemed, Echo Blaster 128, Lithuania) was used to capture Achilles tendon images in the
159 sagittal plane from the participants while their foot was cycled passively at an angular velocity of 5°/s
160 across its range of motion in a Biodex dynamometer (M3, Biodex, Shirley, NY, USA). The ultrasound
161 probe (7.5 MHz, 60 mm field of view, linear array probe, 50 Hz capture rate) was placed
162 longitudinally above the Achilles tendon using a stand-off gel pad (Aquaflex, Parker, NJ, USA).
163 Simultaneously, the trajectories of two retro-reflective markers mounted on the ultrasound probe were
164 recorded by means of a 3D motion capture system (Optitrack, Corvallis, Oregon, US, 100 Hz).
165 Additional anatomical landmarks (first metatarsal, calcaneus, medial malleoli and knee medial
166 condyle) were tracked to calculate the ankle flexion/extension joint angle. A 2D customized graphical
167 interface was developed in Matlab to display both the ultrasound images and the ultrasound probe
168 and the medial malleoli markers in the same coordinate system. The line of action of the Achilles
169 tendon was digitized in this common coordinate system and the moment arm was computed as the
170 perpendicular distance between the tendon line of action and the medial malleoli, which was used as
171 an estimate of the ankle joint center. This procedure was performed at 10 ankle joint angles that
172 spanned the joint's range of motion. A 10-point moment arm-joint angle curve was obtained for each
173 participant by using a polynomial fit of the moment arm-joint angle data.

174 We defined the fascicle slack length (L_{slack}) as the length where passive SOL forces are first
175 generated, estimated as the point where the net passive dorsiflexion and plantarflexion moments
176 converge on zero, and the fascicle length at the maximum tolerated dorsiflexion angle as the maximal
177 fascicle length (L_{max}). Absolute and normalized passive SOL force-length (F-L) curves were
178 established for each participant. Absolute passive F-L curves used the measured F_{pSOL} in Newtons
179 and fascicle lengths (L) in mm. Normalized passive F-L curves were created by dividing each
180 participant F_{pSOL} by their SOL PCSA (Equation 1) and by dividing L by L_{slack} (normalized length
181 referred to here as L_{norm}). The PCSA was determined from underwater 3D ultrasound scans
182 (Telemed, EchoBlaster 128, Lithuania; Stradwin, Medical Imaging Research Group, Cambridge
183 University Engineering Department, UK) following (Panizzolo *et al.*, 2015). To enable the
184 comparison of absolute F_{pSOL} between groups, F_{pSOL} was determined at a percent fascicle stretch of
185 0%, 20%, 40%, 60%, 80% and 100% of the maximum fascicle stretch, where percent fascicle stretch
186 was defined as $((L - L_{slack}) \div (L_{max} - L_{slack})) * 100$. The same procedure was done to compare
187 passive moment data over both angle and muscle length ranges. Passive fascicle stiffness was
188 computed for each participant as the slope of the absolute F-L curves between L_{slack} and 40% stretch
189 (k_1) and between 60% - 100% stretch (k_2). In order to compare the normalized passive F-L curves
190 we evaluated the normalized F_{pSOL} at a set of L_{norm} between 1.0 and 1.4 (i.e. strain of 0 - 40%) using
191 intervals of 0.05. A peak L_{norm} was set to 1.4 as this represented the average maximum L_{norm} that
192 the participants achieved at their end range of ankle dorsiflexion. The normalized F_{pSOL} was
193 computed for each individual for the interval described above by fitting the normalized F_{pSOL} and
194 L_{norm} data using a 1st-order exponential equation (Gollapudi & Lin, 2009). In some circumstances
195 where the set range exceeded the experimental L_{norm} the normalized F_{pSOL} values were extrapolated
196 from the exponential equation. Stiffness was computed between L_{norm} of 1.0 and 1.2 (k_{1norm}) and
197 1.2 and 1.4 (k_{2norm}).

198

199 **Active forces estimates**

200 As an ancillary comparison of the muscle lengths, we also analyzed peak active muscle forces at
201 different ankle angles (and thus muscle lengths) to generate an active force-length relationship. The
202 optimal muscle length coinciding with maximal peak active force (L_0) is known to correspond well
203 with L_{slack} , both in human and non-human studies (Azizi & Roberts, 2010), including the human SOL
204 (Rubenson et al., 2012) and can thus serve as an additional test for differences in fascicle lengths
205 between groups. The protocol used in this study to obtain predictions of moments and force generated
206 by the SOL (as well as the moments and force generated by synergist muscles and by the co-
207 contraction of dorsiflexor muscles) expands on the procedures established in (Rubenson et al., 2012).
208 It uses a combination of experimental net moment measurements from dynamometry, ultrasound
209 fascicle imaging, electromyography and a scaled participant-specific musculoskeletal model in
210 OpenSim 2.0.2 (Delp et al., 2007). Predictions were performed with the knee in a flexed position
211 ($>120^\circ$) and over a range of ankle angles from $\sim -30^\circ$ dorsiflexion to 30° plantarflexion (the ankle
212 range of motion varied between individuals). The muscle length that corresponded with the maximal
213 peak active force was designated as L_0 .

214 First, a generic lower-limb model (Arnold et al., 2010) was scaled using each participant's
215 joint axes and centers determined via motion capture data (8-camera VICON MX motion capture
216 system, Oxford Metrics, UK; 100 Hz) from participants in a standing posture as well as dynamic joint
217 motions (Besier et al., 2003). From these trials, an inverse kinematics algorithm was run on the
218 position of 26 retroreflective spherical markers placed on anatomical landmarks and on functionally
219 determined joint centers (Besier et al., 2003), that minimized the distance between the OpenSim
220 model markers and the retroreflective and the functionally determined markers.

221 The moment generated by the plantarflexors (M_{plant}) during the maximal voluntary isometric
222 plantarflexion contractions (MVC_{plant}) was calculated as:

223
$$M_{plant} = M_{peak} - \Delta M_p + M_{dorsi} \quad (2)$$

224 where M_{peak} is the peak net ankle joint moment (calculated as the difference between the Biodex
225 recorded moment during MVC_{plant} and the moment at rest), ΔM_p represents the difference in the
226 estimated passive SOL moment during the MVC_{plant} and the passive SOL moment at rest prior to the
227 contraction, and M_{dorsi} is the moment generated by the co-contraction of the dorsiflexors muscles.
228 ΔM_p was calculated as:

$$229 \quad \Delta M_p = (F_{p_{SOL}}^{contr} * \cos \theta^{contr} * r^{contr}) - (F_{p_{SOL}}^{rest} * \cos \theta^{rest} * r^{rest}) \quad (3)$$

230 where $F_{p_{SOL}}$ was obtained for both the fascicle length at the MVC_{plant} and the fascicle length during
231 the rest period just prior to contraction using a linear interpolation of the passive F-L relationship
232 (*rest* and *contr* superscripts designate rest or MVC_{plant} , respectively). r^{contr} was estimated by
233 increasing the value predicted from the experimental Achilles moment arm- joint angle equation
234 (described above) by 20% to take in account the increase in moment arm distance reported during
235 MVC_{plant} with respect to length at rest (Maganaris et al., 1998).

236 The M_{dorsi} was predicted by the participant-specific OpenSim model. First, the OpenSim
237 maximal isometric forces of all the dorsiflexors (tibialis anterior, extensor digitorum longus, extensor
238 hallucis longus, peroneus tertius) were adjusted by the same percentage increase or decrease so that
239 the predicted model's peak isometric dorsiflexion moment at 100% activation (MVC_{dorsi}) matched
240 that of the participant's experimental maximum M_{dorsi} recorded in the Biodex dynamometer at 10°
241 plantarflexion, the angle that corresponds approximately to optimal dorsiflexion moments (Silder et
242 al., 2007). The MVC_{dorsi} were performed only at this joint angle to reduce the total numbers of
243 contractions performed and time spent in the experimental protocol by each participant. This was an
244 important consideration because of the general high fatigability of CHF patients. In this procedure,
245 the OpenSim model was positioned to match the participant's optically recorded ankle and knee joint
246 posture. In subsequent measurements of MVC_{plant} the M_{dorsi} was predicted by the OpenSim model
247 by prescribing an activation to all of the dorsiflexors equal to the ratio of the TA's peak EMG (linear

248 envelope) during the MVC_{plant} to its peak EMG (linear envelope) from the MVC_{dorsi} trial; i.e. this
249 assumed the same activation level for all dorsiflexors.

250 To take into account the contribution of synergist muscles we predicted the relative percentage
251 contribution of each plantarflexors muscle to the total plantarflexor moment in OpenSim (M_{Syn}) by
252 prescribing the recorded ankle and knee angles and 100% activation of all plantarflexor muscles
253 (peroneus longus, peroneus brevis, flexor hallucis, tibialis posterior, flexor digitorum, MG, LG and
254 SOL). The percent contribution of the OpenSim SOL to the total predicted moment was applied to
255 the experimental MVC_{plant} to define the moment generated by the participant's SOL (M_{aSOL}). Lastly,
256 peak voluntary active SOL force production (F_{aSOL}) was calculated as:

$$257 \quad F_{aSOL} = \frac{M_{aSOL}}{r^{contr} * \cos \theta^{contr}} \quad (4)$$

258 These active force trials were performed only by the participants that were able to tolerate a
259 prolonged protocol (n = 7 and n = 8, for control and CHF participants, respectively).

260

261 **Statistical analysis**

262 Differences in the absolute (non-normalized) passive moment-angle, moment-length and F-L curves
263 were assessed by testing if F_{pSOL} were different between groups (CHF and control), and if passive
264 joint angles and/or fascicle lengths were affected, by using a two-way (CHF/control) repeated
265 measures (0% 20%, 40%, 60%, 80% and 100% of angular excursion or muscle stretch, respectively)
266 ANOVA, with Bonferroni *post hoc* tests. Similar two-way repeated measures ANOVAs were also
267 performed on the normalized F-L curves using the L_{norm} set range (1.0 - 1.4). A two-tailed unpaired
268 Student's t-test with significance level of $p < 0.05$ was used to determine significant differences in
269 the L_{slack} , L_{max} , the maximal fascicle stretch, and L_0 , as well as in the passive fascicle stiffness
270 (k_1 , k_2 , k_{1norm} and k_{2norm}) between the groups. Statistical analysis was performed in SPSS (IBM,
271 Statistics 21, USA).

272

273 RESULTS

274 No main effect of group was found in the joint angle between the CHF and control groups ($p = 0.42$)
275 (Figure 2). A main effect of group on net passive ankle joint moment was found ($p = 0.014$) with
276 lower passive moment in the CHF group compared to the control group at equivalent levels of angular
277 excursion and fascicle stretch, although no statistically significant interaction effect was found ($p =$
278 0.398) between group and moment (Figure 2).

279 A main effect of group on absolute $F_{p_{SOL}}$ (N) was found ($p = 0.027$) with lower absolute
280 $F_{p_{SOL}}$ in the CHF group compared to the control group at equivalent levels of fascicle stretch, although
281 no statistically significant interaction effect was found ($p = 0.11$) between group and level of stretch.
282 No differences were found in k_1 and k_2 between the groups ($p = 0.32$; ES = 0.51 and $p = 0.85$; ES =
283 0.09) (Figure 3a). The L_{max} was significantly shorter in the CHF group compared to the control group
284 ($p = 0.046$; ES = 0.96), although no statistically significant differences were found in L_{slack} ($p = 0.11$;
285 ES = 0.76) and in the maximal fascicle stretch ($L_{max} - L_{slack}$) ($p = 0.34$; ES = 0.44) (Table 2) or
286 maximal fascicle strain ($p = 0.7$; ES = 0.09).

287 No main effect was found in the PCSA-normalized $F_{p_{SOL}}$ (N cm⁻²) between the CHF and
288 control groups when using the L_{norm} strain range of 1.0-1.4 ($p = 0.46$) (Figure 3b), nor was there an
289 interaction effect between the PCSA-normalized $F_{p_{SOL}}$ and normalized lengths ($p = 0.52$).
290 Normalized passive fascicle stiffness (k_{1norm} and k_{2norm}) were not significantly different between
291 the groups ($p = 0.42$; ES = 0.44 and $p = 0.54$; ES = 0.33) (Figure 3b).

292 L_0 determined from the active force-length data was significantly shorter (~22%) in the CHF
293 group compared to the control group ($p = 0.039$; ES = 0.96) (Table 2). The voluntary forces were
294 derived at a range of ankle joint angles, and therefore over a range of fascicle lengths. The maximal
295 $F_{a_{SOL}}$ and corresponding L_0 occurred at approximately 10° dorsiflexion. The $F_{a_{SOL}}$ at both shorter and
296 longer fascicle lengths relative to L_0 decreased, characteristic of the muscle force-length relationship

297 (Figure 4). L_0 was not significantly different from L_{slack} in either the control or CHF groups ($p =$
298 0.33 and $p = 0.39$, respectively; Table 2).

299

300 **DISCUSSION**

301 The present study provides, to the best of our knowledge, the first estimate of *in vivo* passive human
302 skeletal muscle force-length properties in CHF. As predicted, higher absolute M_p and $F_{p\ SOL}$ were
303 produced in the control group for a given amount of muscle stretch (Figure 2, 3). Also in agreement
304 with our hypothesis, passive force is not different after normalizing by muscle PCSA, nor is passive
305 muscle stiffness affected, indicating that muscle size rather than intrinsic muscle properties is a major
306 factor influencing passive force and stiffness in CHF SOL muscle. This finding stands in contrast to
307 previous work reporting stiffer cardiac muscle due to alterations in the titin structure (Wu, 2002) or
308 decreased passive force of the diaphragm, due to titin loss (Van Hees et al., 2010) in CHF. On the
309 other hand, our results do corroborate data from passive skeletal muscle properties in the mouse SOL,
310 in which passive forces from CHF-affected animals were likewise not altered after normalizing to
311 muscle cross sectional area (Van Hees et al., 2010).

312 It was surprising, however, that for a given absolute muscle length, passive force was
313 significantly higher in CHF SOL compared to the control group. This unexpected finding stems from
314 the fact that over the same ankle range of motion the passive muscle lengths are shorter in CHF
315 patients, in particular at maximal stretch (Figure 2, 3). The result is that for the same absolute muscle
316 length (above L_{slack}) the CHF muscle has undergone greater strain, thus generating greater force in
317 titin and other passive load bearing muscle components. Previous experimental studies (Azizi &
318 Roberts, 2010; Winters et al., 2011; Rubenson et al., 2012) have shown agreement between the onset
319 of passive force generation (L_{slack}) and L_0 (optimal length for active force production). The estimate
320 of L_0 in the present study was similar to L_{slack} for both groups and significantly ($p < 0.05$) shorter in
321 the CHF group (Table 2). The shorter L_{slack} and L_0 in CHF patients indicates that the SOL has

322 undergone a loss of in-series sarcomere numbers, a contributing factor to the reduced muscle size
323 (*Panizzolo et al., 2015*). It was also surprising that, despite their shorter muscle fascicles, CHF
324 patients underwent the same ankle range of motion and a similar SOL muscle strain across this range
325 of motion (Figure 2, Table 2). The Achilles moment arms were similar between the control and CHF
326 group suggesting that greater Achilles strain might explain the similarity in joint and muscle
327 excursions. This is partially supported by the smaller tendon cross sectional area reported in CHF
328 (*Panizzolo et al., 2015*).

329

330 **Functional implications**

331 Our results are consistent with the observation that muscle size dictates functional deficits in CHF
332 (*Magnusson et al., 1994*). Exercise that promotes hypertrophy should therefore be a focus for
333 restoring functional capacity in leg muscles. Exercise prescription for CHF is becoming
334 commonplace, but programs that include specifically designed lower limb resistance training might
335 be especially promising (*Maiorana et al., 2000*).

336 Our results also offer insight into the gait mechanics of CHF patients (*Panizzolo et al., 2014*).
337 The combination of the shorter SOL muscle fascicles in CHF patients and their greater dorsiflexion
338 during mid-stance of gait (*Panizzolo et al., 2014*) may cause significantly greater SOL strain. This
339 might lead to the muscle operating on to the descending limb of the F-L curve where large passive
340 forces develop (*Rassier, MacIntosh & Herzog., 1999; Rubenson et al., 2012*). In this scenario CHF
341 patients would rely more on their passive forces to support the plantarflexion moment during walking,
342 which has the benefit of reducing metabolically expensive active force development. This may help
343 explain why CHF patients rely proportionately more on their ankle for powering walking as speed
344 and metabolic demand increases (*Panizzolo et al., 2014*). However, whilst metabolically
345 advantageous, this mechanism might lead to greater lengthening-induced muscle damage. The
346 muscle's F-L operating range depends on multiple factors, including tendon stiffness, and a detailed
347 understanding will require further *in vivo* analyses.

348

349 **CONCLUSION**

350 This work suggests that a primary factor leading to lower passive forces in the SOL is likely a
351 reduction in muscle size. However, shorter muscle fascicles in CHF results in greater passive forces
352 for a given absolute muscle length, and might be linked to changes in CHF gait (*Panizzolo et al.,*
353 *2014*). Exercise that promotes calf muscle hypertrophy and serial sarcomerogenesis may prove
354 particularly beneficial in CHF patients.

355

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362

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