A

120 Hz, 2 ms, bipolar, no carrier

Pulse width	Pulse amp	Pulse offset	Pulse Duty Cycle	Digitimer width
120 Hz	5 V_{pp}	0 V_{DC}	50%	1000 µs

30 Hz, 2 ms, bipolar, no carrier

Pulse width	Pulse amp	Pulse offset	Pulse Duty Cycle	Digitimer width
30 Hz	5 V_{pp}	0 V_{DC}	50%	1000 µs

30 Hz, 2 ms, bipolar, 5 kHz carrier

Pulse frequency	Pulse amp	Pulse offset	Pulse width on Rigol	Burst Cycle	Burst Period	Digitimer width
5 kHz	5 V_{pp}	2.5 V_{DC}	50 µs	10 cyc	16.667 ms	90 µs

B

120 Hz	21.7 mA (19.6 mA)	36.8 mA (33.4 mA)	48.0 mA (29.6 mA)	33.8 mA (24.2 mA)
30 Hz	20.0 mA (18.4 mA)	47.0 mA (35.7 mA)	38.2 mA (22.0 mA)	35.7 mA (25.0 mA)
30 Hz + 5 kHz carrier	83.7 mA (13.6 mA)	87.6 mA (14.4 mA)	124.0 mA (52.0 mA)	117.4 mA (116.0 mA)

Supplemental Data Table 1: A) Device settings across the DS8R Digitimer biphasic constant current stimulator triggered by a DG1022 RIGOL waveform generator to create each stimulation setting. **B)** Motor threshold amplitudes at vastus lateralis, vastus medialis, and adductor magnus for each participant using three different stimulation frequencies. Sensory thresholds for each individual appear per frequency in parentheses. Participants were asked during motor threshold testing if stimulation led to any painful sensations. Stimulation at all frequencies and amplitudes were well tolerated and all participants uniformly denied pain. The most common sensation reported was feeling “tingly”.

V_{pp}= peak-to-peak voltage; V_{DC}= volts direct current