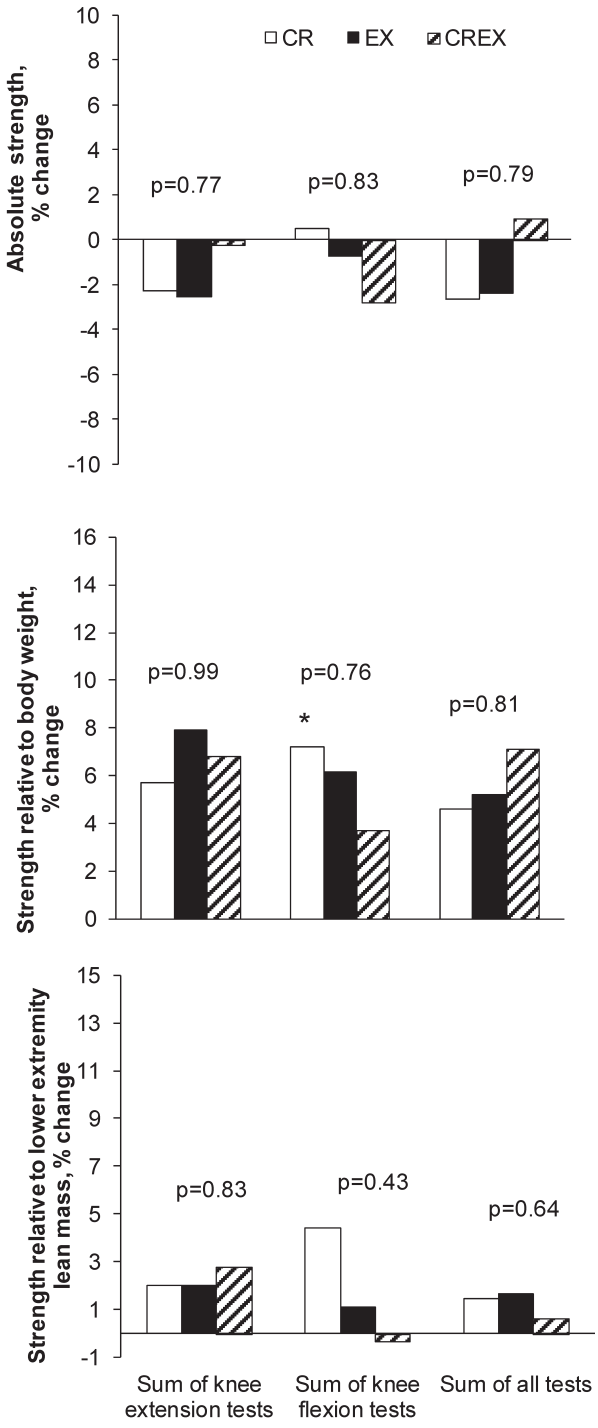

Supplemental Digital Content 3. Changes in absolute muscle strength (top panel), strength relative to body weight (middle panel), and strength relative to lower extremity lean mass (bottom panel). The sums for outcome shown were based on isometric tests and isometric tests performed at angular velocities of 60 and 180 ˚/sec. When data from all groups were pooled, the changes in strength relative to body weight were significantly greater than zero, while absolute strength and strength relative to lower extremity lean mass did not differ from zero. Values represented by the bars are medians; indices of variability (e.g. interquartile ranges) are omitted to improve clarity. Non-parametric statistical analyses were performed because of non-normally distributed data (residuals). Among-group comparisons of changes in strength were performed with Kruskal-Wallis ranks sums tests. Within-group comparisons of baseline and final values were performed with signed rank tests. Strength data were missing for 8 participants due to technical problems with equipment (n=5), knee pain (n=1), and refusal to perform the final test (n=2).