**Supplemental Digital Content 2.** Home training program V1\* (weekly training of the quadriceps and hamstrings & evaluation methods)

|  |  |  |
| --- | --- | --- |
| **D1: Training session** | **Isometric FES training of quadriceps and hamstrings**Intensity is increased until a muscle contraction of 4/5 MRC5 sets of 12 to 15 contractions 5s ON, 5s OFF with a 2 min rest between setsProtocol_RT | **Patient’s positioning: supine position**Each contraction = 1 s: Intensity increases (0 mA –>Imax) 3 s: Stimulation at Imax  1 s: Intensity decreases (Imax -> 0 mA) 5 s: RestAfter each set, XX was allowed to increase the stimulation intensity to counteract fatigue and maintain a strong contraction.As a precaution, it was recommended that the intensity not be increased by more than 40 mA during a single session. |
| **D2: Rest** |
| **D3: Training session** |
| **D4: Rest** |
| **D5: Training session** |
| **D6: Rest** |
| **D7: Evaluation session** | **Evaluation session of both quadriceps**Intensity is increased until a muscle contraction of 4/5 MRC5 sets of 10 contractions /2min rest between setsProtocol_EVAL | **Dynamic evaluation in a sitting position300dpiPatient’s positioning: sitting position**The minimum intensity required to produce muscle strength of 4/5 MRC in each quadriceps is noted by the subject on a dedicated sheetThis stimulation intensity served as an initial intensity for the training of the following week. |
| **D 1: …D7: …**  |  |  |
| **Devices and parameters used** |
| * Portable stimulator **CEFAR Physio 4®**
* 4 cables and electrodes (left Q, right Q, left H and right H)

Parameters of stimulation: Rectangular biphasic current pulses, 1 sec rising and 1 sec descending ramp, frequency 30Hz, pulse duration: 450µs, stimulation trains: 5 sec, rest time: 5 sec. |

W, Week; HR, Q, Quadriceps; H, Hamstrings; mA, milliAmperes; MRC, Medical Research Council. \*Phase V1: Three 20 to 30-minute resistance training sessions per week with a 48h rest between sessions and one evaluation session per week