



Supplemental Figure 1: There were no differences in plasma myokines between any groups. There were no differences in plasma **(A)** Myostatin (TBI: $F(1, 34)=0.506$, $p=0.482$, RIC: $F(1, 34)=0.005$, $p=0.946$), interaction: $F(1, 34)=1.736$, $p=0.197$) **(B)** Oncostatin (TBI: $F(1, 34)=1.313$, $p=0.260$, RIC: $F(1, 34)=0.271$, $p=0.606$), interaction: $F(1, 34)=0.643$, $p=0.428$) **(C)** Follistatin-like 1 (TBI: $F(1, 34)=0.086$, $p=0.771$, RIC: $F(1, 34)=2.113$, $p=0.155$, interaction: $F(1, 34)=2.125$, $p=0.154$) **(D)** Osteocrin/Musclin (TBI: $F(1, 33)=2.028$, $p=0.164$, RIC: $F(1, 33)=0.460$, $p=0.502$, interaction: $F(1, 33)=0.722$, $p=0.402$) **(E)** IL-6 (TBI: $F(1, 33)=0.169$, $p=0.684$, RIC: $F(1, 33)=0.195$, $p=0.661$, interaction: $F(1, 33)=3.703$, $p=0.063$) **(F)** Fractalkine (TBI: $F(1, 34)=0.110$, $p=0.742$, RIC: $F(1, 34)=3.122$, $p=0.086$, interaction: $F(1, 34)=0.611$, $p=0.440$) between sham, sham RIC, TBI, and TBI RIC groups.