

1 **Table S1** Methods of Muscle Strength Test

	Body position	Joint position	force gauge position
Grip strength	sitting	Place upper arm against side of torso and bend elbow 90°	Handheld grips
Biceps	sitting	Place upper arm against side of torso and bend elbow 90° with your hands clenched and your fists heart facing up.	Upper forearm distal
Triceps	sitting	Place upper arm against side of torso and bend elbow 90° with your hands clenched and your fists heart facing up.	Lower forearm distal
Deltoids	sitting	Shoulder outreach	Above the elbow

		45°, elbow flex 90°, with your hands clenched and your fists heart facing inward	
Quadriceps femur	sitting	Thighs close to the seat, legs dangling, knees slightly extended	Distal anterior tibia