

Supplementary Table 4. Repeated measure analysis of body composition, muscle strength, and physical function according to NMES intensity

	Baseline						4 wk			8 wk			12 wk			p for interaction ^f			
	Low		High		Low		High		Low		High		Low		High		Time	Group	Time-group
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD			
LMS	31.0 ± 9.97	37.8 ± 10.47	32.1 ± 12.5	36.9 ± 11.1	33.2 ± 12.1	38.1 ± 10.7	32.4 ± 12.1	41.8 ± 11.6 ^b	32.4 ± 12.1	38.1 ± 10.7	32.4 ± 12.1	41.8 ± 11.6 ^b	32.4 ± 12.1	41.8 ± 11.6 ^b	32.4 ± 12.1	41.8 ± 11.6 ^b	0.77	0.51	0.23
GS	1.19 ± 0.31	1.25 ± 0.23	1.27 ± 0.31	1.34 ± 0.29 ^a	1.29 ± 0.30	1.26 ± 0.24	1.28 ± 0.32 ^a	1.43 ± 0.29 ^a	1.28 ± 0.32 ^a	1.26 ± 0.24	1.28 ± 0.32 ^a	1.43 ± 0.29 ^a	1.28 ± 0.32 ^a	1.43 ± 0.29 ^a	1.28 ± 0.32 ^a	1.43 ± 0.29 ^a	0.003	0.53	0.43
TUG	8.20 ± 4.65	7.63 ± 1.89	8.52 ± 5.34	7.73 ± 2.08	8.24 ± 4.85	7.42 ± 1.73	8.87 ± 6.34	7.08 ± 1.98 ^a	8.87 ± 6.34	7.42 ± 1.73	8.87 ± 6.34	7.08 ± 1.98 ^a	8.87 ± 6.34	7.08 ± 1.98 ^a	8.87 ± 6.34	7.08 ± 1.98 ^a	0.89	0.498	0.03

Data are expressed as mean ± standard deviation.

GS, gait speed; LMS, leg muscle strength; NMES, neuromuscular electrical stimulation; TUG, timed up and go.

^ap < 0.05 compared to baseline, ^bp < 0.05 comparison between groups. ^cp for interaction: repeated measures analysis of variance with Bonferroni test.