

Supplementary Figure 1:

Examples of regions of interest for the biceps brachii, biceps femoris, deltoideus, thoracic and lumbar paraspinals, gastrocnemius (medial head) muscles.

Supplementary Figure 2:

Examples of regions of interest for the iliopsoas, proximal vastus lateralis and trapezius muscles.

Supplementary Figure 3: Muscle ultrasound screening the protocol for investigations of neuromuscular disorders

Muscle ultrasound screening protocol for neuromuscular disorders adapted from *Boon et al.(31)* based on previously published cut-off values by *Pillen et al.(32)*

Supplementary Figure 4:

The method of measuring muscle thickness for the biceps brachii, biceps femoris, deltoid, thoracic and lumbar paraspinals, gastrocnemius (medial head) muscles.

Supplementary Figure 5:

The method of measuring muscle thickness for the iliopsoas, proximal vastus lateralis and trapezius muscles.

Supplementary Data

Supplementary File 1 - Questionnaire for the standardized history on neuromuscular symptoms

1. Did you have any complaints of muscle cramps during the last year?

- Yes
- No

If yes, how frequently do you have symptoms of muscle cramps?

- 1 – 5 times a year
- 10 – 15 times a year
- Every week
- Every day

2. Did you have any complaints of myalgia during the last year?

- Yes
- No

If yes, how frequently do you have symptoms of myalgia?

- 1 – 5 times a year
- 10 – 15 times a year
- Every week
- Every day

3. Did you have any complaints of myalgia or muscle cramps during exercise the last year?

- Yes
- No

If yes, how frequently do you have symptoms of myalgia?

- 1 – 5 times a year
- 10 – 15 times a year
- Every week
- Every day

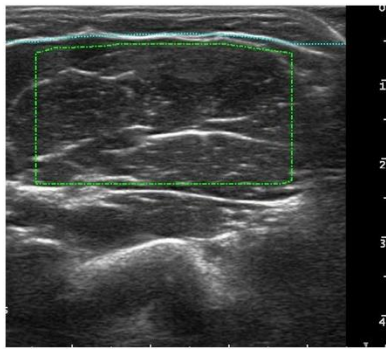
4. Did you have any complaints of muscle weakness the last year?

- Yes
- No

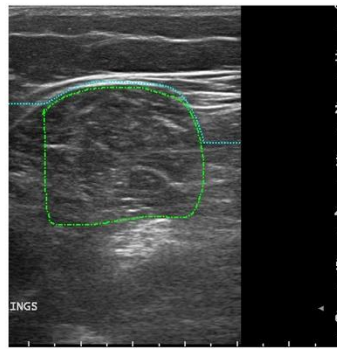
If yes, how frequently do you have symptoms of myalgia?

- 1 – 5 times a year
- 10 – 15 times a year
- Every week
- Every day

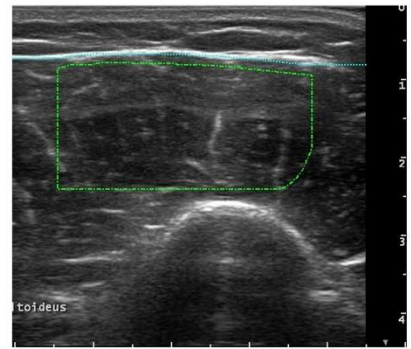
Supplementary Figure 1



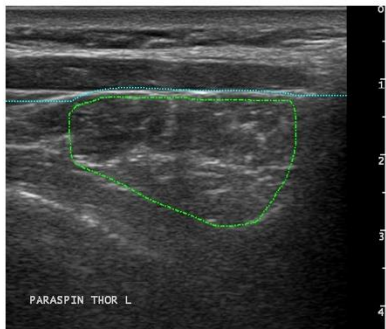
Biceps brachii



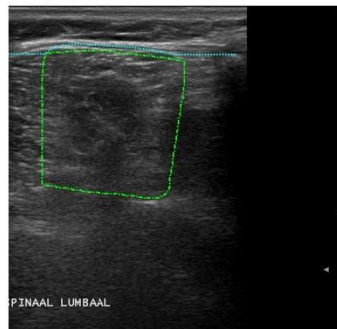
Biceps femoris



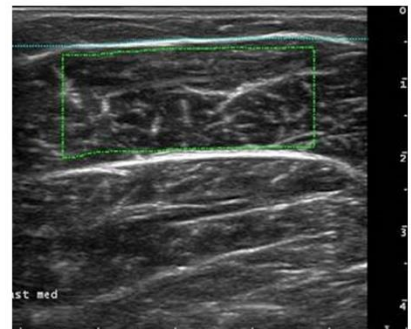
Deltoideus



Paraspinal (thoracic)

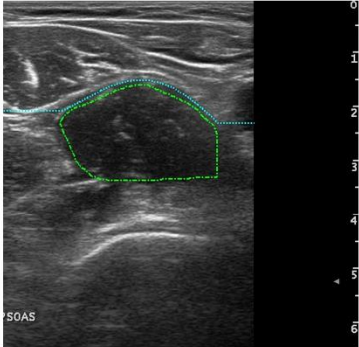


Paraspinal (lumbar)

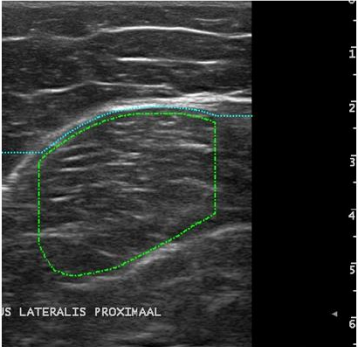


Gastrocnemius (medial head)

Supplementary Figure 2



Iliopsoas

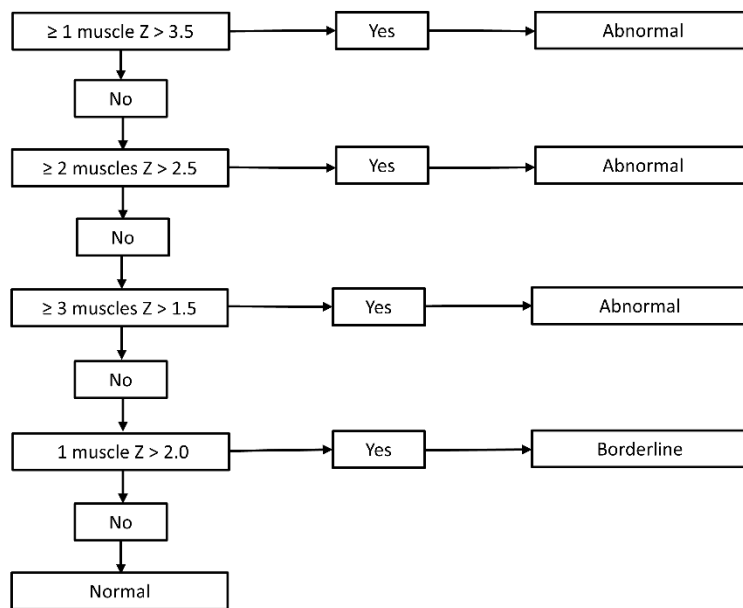


Proximal vastus lateralis

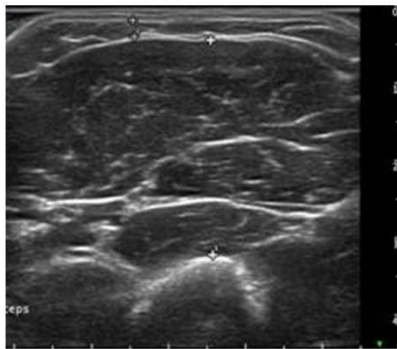


Trapezius

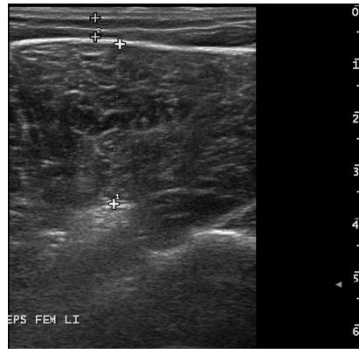
Supplementary Figure 3



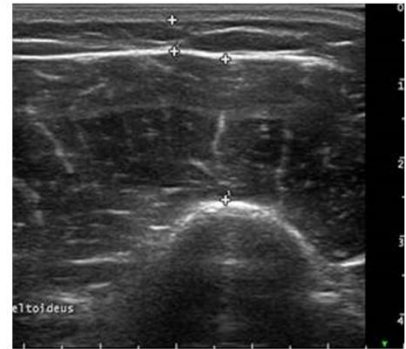
Supplementary Figure 4



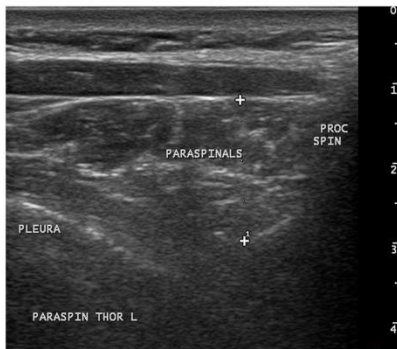
Biceps brachii



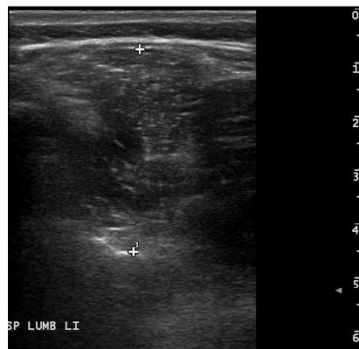
Biceps femoris



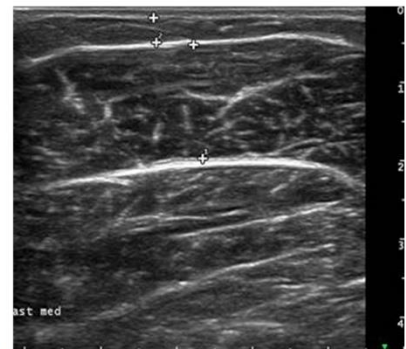
Deltoideus



Paraspinal (thoracic)

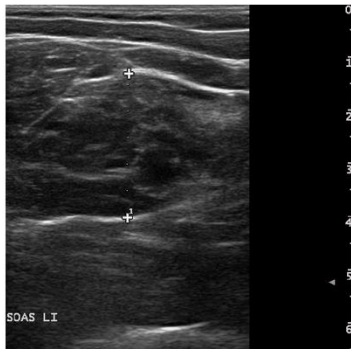


Paraspinal (lumbar)

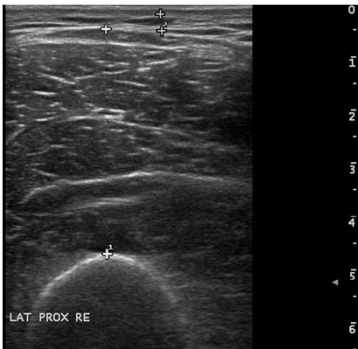


Gastrocnemius (medial head)

Supplementary Figure 5



Iliopsoas



Proximal vastus lateralis



Trapezius