

	quadriceps		diaphragm		heart	
	array	RT-qPCR	array	RT-qPCR	array	RT-qPCR
miR-1	<b>-2.31</b>	-1.79	ns	<b>-2.27</b>	ns	-1.50
miR-21	<b>2.45</b>	<b>2.54</b>	<b>2.26</b>	<b>1.68</b>	<b>2.40</b>	1.39
miR-29c	<b>-1.97</b>	-1.51	<b>-1.40</b>	-1.67	<b>1.29</b>	-1.06
miR-31	<b>74.30</b>	<b>70.93</b>	<b>4.00</b>	<b>6.09</b>	ns	1.23
miR-34c	<b>5.59</b>	<b>5.54</b>	<b>4.80</b>	<b>4.86</b>	ns	1.62
miR-133a	<b>-1.13</b>	-1.43	ns	-1.10	ns	-1.02
miR-146b	<b>3.78</b>	<b>1.84</b>	<b>1.38</b>	1.33	<b>1.99</b>	-1.14
miR-199a-3p	<b>1.74</b>	<b>1.45</b>	<b>1.46</b>	1.76	ns	1.00
miR-206	<b>1.73</b>	<b>4.20</b>	<b>1.39</b>	<b>3.45</b>	ns	<b>1.85</b>
miR-221	<b>2.34</b>	<b>2.76</b>	<b>1.50</b>	<b>1.87</b>	<b>1.36</b>	1.24
miR-223	<b>3.58</b>	<b>2.46</b>	<b>1.76</b>	1.35	<b>1.77</b>	1.28

**Table S4.**

**Validation of miRNA microarray by small RNA TaqMan RT-qPCR.** Comparison of miRNA microarray and small RNA TaqMan RT-qPCR for dystromirs of interest. Statistically significant ( $p < 0.05$ ) fold changes are indicated in bold. 'ns' indicates that expression was not significantly changed in the array dataset.