

SUPPLEMENTARY TABLE S1. PRE- AND POST-TRAINING CLINICAL CHARACTERISTICS

Participant	AIS							Post-training observations
	NLI	Grade	UEMS	LEMS	LT	PP		
P1	Pre	T12	A	50	4	76	76	The participant tolerated the study well. She indicated better awareness of the bladder filling, as well as the appearance of feeling that her calf muscles “being pumped up” and regaining sensation in her foot for the first time since being paralyzed.
	Post	T12	A	50	<b>5</b>	76	<b>77</b>	
P2	Pre	T9	A	50	2	69	64	During the time of his participation of the study, the participant has noticed <i>some ability to move his right toe</i> . Distal foot movement is also noticed during the post-training examination. He has tolerated participation in the study well and has no reports of any new difficulties or problems.
	Post	T9	A	50	<b>3</b>	<b>66</b>	<b>66</b>	
P3	Pre	T2	A	50	0	36	36	The participant tolerated the study well. He describes that overall he feels improvement with regards to his ability to stand and this has been helped by a sense of increased tone in his legs, and this is described as a good experience. He also reports improvement in awareness of the bladder filling, as well as increase of his overall stamina. He describes having had some episodes of temporary back pain during the course of the study, but this is not described as anything new or different from his baseline. He describes that massage has helped to relieve the back pain, when present. He describes that he has been happy to participate in the study and has not had any problems with his participation. No adverse effects are reported.
	Post	T2	A	50	0	36	36	
P4	Pre	T4	A	50	0	46	46	The participant has tolerated the study well. There are no new problems to report. His examination remains clinically stable and there are no signs of any recent changes.
	Post	T4	A	50	0	46	46	
P5	Pre	T2	A	50	0	36	36	The participant has tolerated the study well and has no reports of any significant changes in his condition after the intervention. Had recurrent UTIs throughout the training period requiring AB treatment; however, such rate of UTI occurrence was not unusual for him. He is content with his experience as study participant. His examination today is overall stable when compared with his initial screening exam before his start of study participation.
	Post	T2	A	50	0	36	36	
P6	Pre	T3	A	50	0	42	42	Participant reports that he has tolerated the program well. He has not had any significant problems during the program duration. However, he describes that his skin had shown some sensitivity to the adhesive tape of the EMG and stimulating electrodes that are placed over the skin. Following the removal of the electrode, the skin clears up spontaneously over a few days. No skin breaks have taken place. This issue has been addressed by rotating locations of the tape and electrodes to avoid areas with a rash. With regards to potential benefits, the participant describes that he thinks his core strength may have improved over the course of the program.
	Post	T3	A	50	0	42	42	

AB, antibiotic; AIS, American Spinal Injury Association Scale (AIS) classification; LEMS, lower extremity motor score; LT, light touch; NLI, neurological level of injury; PP, pin prick; UEMS, upper extremity motor score; UTI, urinary tract infection; bold font indicates post-training changes.