

Supplementary Material

Supplementary Table 1: Normalized Tetanic Impulse at 28 days (mN.sec.g⁻¹)

Tetanic impulse recording at 28 days was normalized by the wet mass of the triceps surae for each animal to provide a value of the intrinsic force. Results are presented as mean \pm SEM, n=3-6 per group.

Groups	PWB100	PWB70	PWB40	PWB20
	9.87 \pm 1.64	7.68 \pm 0.46	7.90 \pm 0.59	6.17 \pm 1.25

Results were analyzed using a 1-way ANOVA, followed by the post hoc test for linear trend (p=0.043)

Supplementary Table 2: Percentage of type 1 skeletal myofibers in the triceps surae muscles

Histomorphometry was used to quantify the number of type 1 slow-twitch skeletal fibers in the soleus and gastrocnemius of our animals and assess muscle composition. Results are presented as mean \pm SEM, n=11-12 per group.

	PWB100	PWB70	PWB40	PWB20
Day 7				
Soleus	90.96 \pm 1.25	88.28 \pm 2.36	89.15 \pm 1.85	90.19 \pm 2.62
Gastrocnemius	10.73 \pm 1.93	11.43 \pm 1.93	12.52 \pm 1.73	10.92 \pm 1.76
Day 14				
Soleus	86.94 \pm 2.41	85.32 \pm 2.65	78.51 \pm 2.07	84.08 \pm 2.13
Gastrocnemius	10.1 \pm 1.67	11.07 \pm 1.07	10.18 \pm 1.78	12.46 \pm 1.81
Day 28				
Soleus	88.68 \pm 1.81	85.85 \pm 2.36	82.39 \pm 3.08	84.78 \pm 3.46
Gastrocnemius	11.53 \pm 1.58	12.18 \pm 2.01	14.89 \pm 2.88	12.86 \pm 2.40

*Results were analyzed using 2-way ordinary ANOVA followed by Tukey's post hoc test.
Gastrocnemius: ns. Soleus: Effect of time p=0.0019 Effect of PWB level p=0.048*