

## Supplementary Data

SUPPLEMENTARY TABLE S1. STUDY TIMELINE

|  | <i>Study length (weeks)</i> |            |           |            |           |              |           |              |           |
|--|-----------------------------|------------|-----------|------------|-----------|--------------|-----------|--------------|-----------|
|  | <i>1</i>                    | <i>2-3</i> | <i>4</i>  | <i>5-8</i> | <i>9</i>  | <i>10-13</i> | <i>14</i> | <i>15-18</i> | <i>19</i> |
| <i>Assessments and interventions</i>                       | <i>B1</i>                   |            | <i>B2</i> |            | <i>E1</i> |              | <i>E2</i> |              | <i>E3</i> |
| <i>Eligibility assessments</i>                             |                             |            |           |            |           |              |           |              |           |
| Eligibility assessments                                    |                             |            |           |            |           |              |           |              |           |
| ISNCSCI  | X                           | —          | —         | —          | —         | —            | —         | —            | —         |
| Physical Exam  | X                           | —          | —         | —          | —         | —            | —         | —            | —         |
| Lower Extremity X-Rays                                     | X                           | —          | —         | —          | —         | —            | —         | —            | —         |
| <i>Outcome assessments</i>                                 |                             |            |           |            |           |              |           |              |           |
| Graded Exercise Test                                       | X                           | —          | X         | —          | X         | —            | X         | —            | X         |
| Maximum Arm Strength Test (1-RM)                           | X                           | —          | X         | —          | X         | —            | X         | —            | X         |
| Lipid, Glycemic, Inflammatory Panels                       | X                           | —          | X         | —          | X         | —            | X         | —            | X         |
| Electrophysiology Measures of Spasticity                   | X                           | —          | X         | —          | X         | —            | X         | —            | X         |
| Biomechanical/Clinical Measures of Spasticity              | X                           | —          | X         | —          | X         | —            | X         | —            | X         |
| Assessment of Pain, Pain Impact, and Sensory Function      | X                           | —          | X         | —          | X         | —            | X         | —            | X         |
| Head-Up Tilt Test  | X                           | —          | X         | —          | X         | —            | X         | —            | X         |
| Wheelchair Skills Test <sup>®</sup>                        | —                           | —          | X         | —          | X         | —            | X         | —            | X         |
| Medical History & Demographics                             | X                           | —          | —         | —          | —         | —            | —         | —            | —         |
| Spinal Cord Independence Measure                           | X                           | —          | X         | —          | X         | —            | X         | —            | X         |
| ISCI Lower Urinary Tract Basic Data Set                    | X                           | —          | X         | —          | X         | —            | X         | —            | X         |
| ISCI Bowel Function Basic Data Set                         | X                           | —          | X         | —          | X         | —            | X         | —            | X         |
| Patient Global Impression of Change                        | —                           | —          | —         | —          | —         | —            | —         | —            | X         |
| <i>Interventions</i>                                       |                             |            |           |            |           |              |           |              |           |
| Upper Extremity Circuit Resistance Training                | —                           | —          | —         | X          | —         | X            | —         | X            | —         |
| Lower Extremity FES Cycle Training                         | —                           | —          | —         | X          | —         | X            | —         | X            | —         |
| Body-weight supported Robotic Locomotor Treadmill Training | —                           | —          | —         | X          | —         | X            | —         | X            | —         |
| Wheelchair Skills Training Program (WSTP) <sup>®</sup>     | —                           | —          | —         | X          | —         | X            | —         | X            | —         |

Assessments occurred at baseline 1 (B1) and 2 (B2), and evaluation 1 (E1), 2 (E2), and 3 (E3).

ISNCSCI, International Standards of Neurologic Classification of Spinal Cord Injury; ISCI, International Spinal Cord Injury; FES, functional electrical stimulation.