

Appendix Table 1. Reliability of the muscle fiber typing and morphometry measurements

Fiber type	Mean±SD	ICC	SEM	%SEM
Type I CSA (μm^2)	6,080.83±1,586.72	0.983	206.88	3.40
Type IIa CSA (μm^2)	4,958.48±1,437.88	0.955	305.02	6.15
Type IIax CSA (μm^2)	4,192.45±1,813.80	0.894	590.53	14.09
Type IIx CSA (μm^2)	3,948.95±1,488.55	0.862	552.97	14.00
Type I (%)	55.63±13.95	0.976	2.16	3.88
Type IIa (%)	20.79±7.88	0.961	1.56	7.50
Type IIax (%)	9.67±9.95	0.907	3.03	31.33
Type IIx (%)	13.89±11.03	0.919	3.08	22.17

ICC, intraclass correlation coefficient; SEM, standard error of measurement; CSA, cross-sectional area. ICC and SEM of muscle fiber CSA and percentage in the erector spinae of the first 10 included subjects.

Appendix Table 2. Reliability of the muscle fiber typing and morphometry measurements

Fiber type	Mean±SD	ICC	SEM	%SEM
Type I CSA (μm^2)	7,441.85±2,224.96	0.996	140.72	1.89
Type IIa CSA (μm^2)	5,127.48±1,853.11	0.988	203.00	3.96
Type IIax CSA (μm^2)	3,630.72±1,329.56	0.911	396.65	10.92
Type IIx CSA (μm^2)	3,535.81±1,327.68	0.975	209.92	5.94
Type I (%)	51.71±12.66	0.966	2.33	4.51
Type IIa (%)	20.13±7.73	0.849	3.00	14.90
Type IIax (%)	9.87±6.10	0.591	3.71	37.59
Type IIx (%)	18.28±12.69	0.959	2.36	12.91

ICC, intraclass correlation coefficient; SEM, standard error of measurement; CSA, cross-sectional area. ICC and SEM of muscle fiber CSA and percentage in the multifidus muscle of the first 10 included subjects.

Appendix Table 3. Fiber type CSA, percentage and RCSA of the right lumbar ES and lumbar MF

Fiber type	CSA ES	CSA MF	P-value
Type I (CSA) (μm^2)	6,279.48±340.66	7,439.31±444.59	0.0053
Type IIa (CSA) (μm^2)	5,288.13±327.69	5,475.71±509.30	0.6521
Type IIax (CSA) (μm^2)	4,715.31±433.28	4,054.29±362.62	0.2758
Type IIx (CSA) (μm^2)	4,065.81±392.76	3,818.05±266.45	0.6384
Type I (%)	57.74±3.76	59.07±3.63	0.3717
Type IIa (%)	23.32±2.12	22.45±1.95	0.8675
Type IIax (%)	8.65±2.19	9.21±1.76	0.7130
Type IIx (%)	15.43±2.49	13.89±2.97	0.3534
Type I (RCSA) (%)	63.54±3.07	68.8±2.82	0.3717
Type IIa (RCSA) (%)	21.60±1.99	19.17±1.82	0.4802
Type IIax (RCSA) (%)	7.23±1.99	5.93±1.14	0.7501
Type IIx (RCSA) (%)	11.8±2.20	9.14±2.24	0.2052

Values are presented as mean±SD. CSA, cross-sectional area; RCSA, relative cross-sectional area; ES, erector spinae; MF, multifidus.