

## Exercise protects against spinal cord injury through miR-21

**Table S1.** Sequence of agomiR-21, antagomiR-21, and controls

|              | sequence                      |
|--------------|-------------------------------|
| agomiR-21    | 5'-UAGCUUAUCAGACUGAUGUUGA-3'  |
| agomiR-NC    | 5'-UCGUUAAUCGGCUAAAUACGC-3'   |
| antagomiR-21 | 5'-UCAACAUCAGUCUGAUAAGCUA-3'  |
| antagomiR-NC | 5'-ACCAUUAUUGCGCGUAUAGUCGC-3' |