

Supplementary**Table S1** Borg dyspnea scale

Grade	Degree
0	None
0.5	Extremely slight (just noticeable)
1	Very slight
2	Slight
3	Moderate
4	Somewhat severe
5	Severe
6	Between 5 and 7
7	Very severe
8	Between 7 and 9
9	Extremely severe
10	Maximal

Table S2 MMT grading standard

Grade	Definition	Percentage of normal strength
0	Undetectable muscle contraction	0
1	Slight constriction, but no joint movement	10
2	Muscle moves the joint when gravity is eliminated	25
3	Muscle moves the joint fully against gravity but cannot against resistance	50
4	Muscle moves the joint against gravity and moderate resistance	75
5	Normal strength	100