



**Fig. S7: Muscle fiber cross sectional area (FCSA) analysis at 24 weeks post-VML.** FCSA frequency distribution curve showed a leftward shift toward smaller muscle fibers compared to uninjured muscle regardless of treatment type. Statistically significant differences from native muscle are denoted by *n* (NR), *l* (low), *m* (medium), and *h* (high). Data presented as mean  $\pm$  SD. *n* = 3 muscles per experimental group.