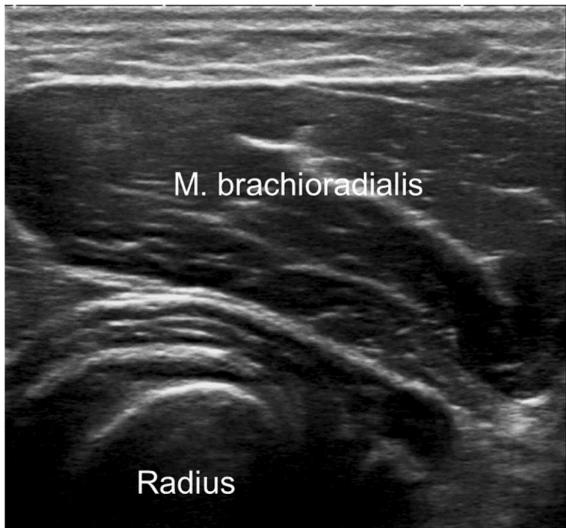
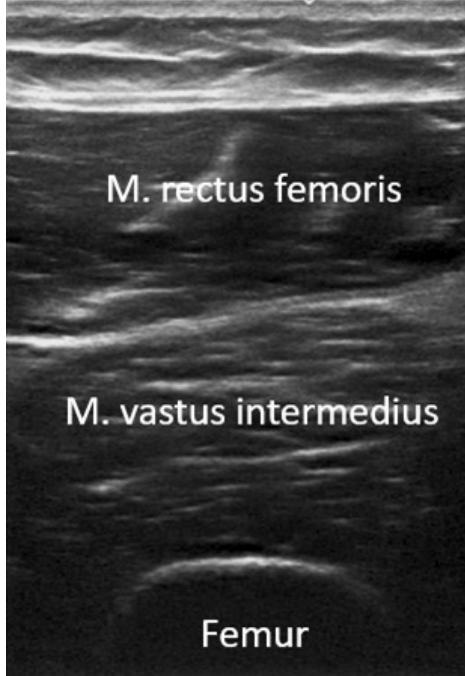
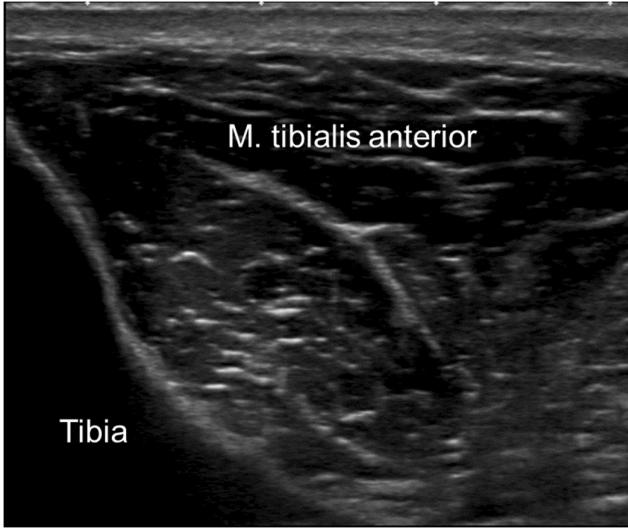


Table S1. Ultrasonographic landmarks and probe positions.

Assessed muscles and positioning of the ultrasound probe using anatomic landmarks	Examples of corresponding ultrasound images
Upper extremity muscles	
Musculus biceps brachii Half of the way between Tuberculum majus humeri and Fossa olecrani	 <p>The image is a grayscale ultrasonogram of the upper arm. The muscle tissue appears as various shades of gray, with the biceps brachii being a prominent, horizontally oriented structure. The underlying bone, the humerus, is visible as a bright, curved line at the bottom of the image. Labels 'M. biceps brachii' and 'Humerus' are overlaid on the image.</p>
Musculus brachioradialis Proximal third part of the way between the anatomical landmarks of the Lateral epicondyle humeri and the Styloid process of radius	 <p>The image is a grayscale ultrasonogram of the upper arm. It shows the muscle tissue of the brachioradialis. The underlying bone, the radius, is visible as a bright, curved line at the bottom. Labels 'M. brachioradialis' and 'Radius' are overlaid on the image.</p>

Assessed muscles and positioning of the ultrasound probe using anatomic landmarks	Examples of corresponding ultrasound images
Lower extremity muscles	
<p>Musculus rectus femoris of the quadriceps femoris</p> <p>Distal third of the way between anterior superior iliac spine and upper pole of the patella</p>	 <p>This grayscale ultrasound image shows a longitudinal view of the quadriceps femoris muscles. The top portion of the image displays the muscle bellies of the rectus femoris and vastus intermedius. Below these, the femur is visible as a bright, horizontal structure. Labels within the image identify the 'M. rectus femoris' at the top, 'M. vastus intermedius' in the middle, and 'Femur' at the bottom.</p>
<p>Musculus tibialis anterior</p> <p>Five centimeters distal and one centimeter lateral from the distal pole of the patella</p>	 <p>This grayscale ultrasound image shows a transverse view of the tibialis anterior muscle. The muscle is located on the anterior surface of the tibia. Labels within the image identify the 'M. tibialis anterior' above the muscle and 'Tibia' below it.</p>