

Supplementary Table 1. Repeated measure analysis of muscle strength and physical function

	Baseline												p for interaction ^a						
	4 wk				8 wk				12 wk				Time	Group	Time-group				
	Control	P	NMES	NMES + P	Control	P	NMES	NMES + P	Control	P	NMES	NMES + P							
GS	1.32 ± 0.41	1.31 ± 0.32	1.16 ± 0.31	1.27 ± 0.21	1.19 ± 0.35	1.25 ± 0.39 ^b	1.22 ± 0.30 ^b	1.39 ± 0.29	1.28 ± 0.27	1.17 ± 0.22	1.27 ± 0.33	1.28 ± 0.20	1.35 ± 0.36	1.17 ± 0.26	1.33 ± 0.38 ^b	1.37 ± 0.23 ^b	0.27	0.74	0.006
TUG	8.58 ± 4.66	10.3 ± 4.94	8.63 ± 4.70	7.20 ± 1.47	8.42 ± 3.68	10.72 ± 7.44	8.77 ± 5.45	7.47 ± 1.60	8.25 ± 3.62	10.72 ± 5.93	8.51 ± 4.92	7.15 ± 1.27	8.48 ± 3.32	10.68 ± 6.53	8.94 ± 6.46	7.00 ± 1.45	0.03	0.25	0.51

Data are expressed as mean ± standard deviation.

GS, gait speed; NMES, neuromuscular electrical stimulation; NMES + P, neuromuscular electrical stimulation combined with protein supplementation; P, protein supplementation; TUG, timed up and go.

^aRepeated measures analysis of variance with Bonferroni test. ^bp < 0.05 compared to baseline.