

**Supplementary Table S1.** Baseline comparative demographics between deltoid and vastus lateralis.

	Deltoid Median	Vastus lateralis Median
MMT/10	10.00	8.00
FT/mm	0.07	0.07
Muscle bulk/cm	1.64	0.75
Echogenicity/1-4	2.00	3.00
PD/0-4	0.00	0.00

MMT: manual muscle testing; FT: fascial thickness; PD: power Doppler; SWS: shear wave speed.

**Supplementary Table S2.** Demographics and ultrasound domains across visits between males and females.

	Baseline Male	Female	2nd visit Male	Female	3rd visit male	Female	4 <sup>th</sup> visit Male	Female
HAQ	0.85	0.43	1.25	0.88	1.26	1.38	1.51	0.25
MMT D/10	10.00	10.00	10.00	10.00	10.00	9.00	10.00	10.00
MMT VL/10	4.50	8.00	4.00	8.00	6.50	7.50	3.00	9.50
Patient VAS/10cm	5.00	4.11	6.00	4.90	5.85	5.90	5.80	2.40
FT D mm	0.08	0.10	0.08	0.10	0.10	0.09	0.09	0.08
FT VL mm	0.07	0.10	0.08	0.12	0.11	0.11	0.09	0.14
Muscle bulk D cm	1.86	1.44	1.75	1.43	1.78	1.63	1.89	1.84
Muscle bulk VL cm	0.78	0.74	0.57	1.28	0.73	0.64	0.76	1.03
Echogenicity D/1-4	1.50	2.00	2.00	2.00	2.00	2.00	1.00	2.00
Echogenicity VL/1-4	3.00	3.00	3.00	3.00	3.00	3.00	4.00	3.00
FDP/FCU	1.50	1.75	1.00	1.00	1.00	1.50	1.50	2.00
PD D/0-4	0.00	1.00	0.00	1.00	1.00	1.00	0.00	0.00
PD VL/0-4	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

HAQ: health assessment questionnaire; MMT: manual muscle testing; VAS: visual analogue scale; FT: fascial thickness; D: deltoid; VL: vastus lateralis; SWS: shear wave speed; FDP: flexor digitorum profundus; FCU: flexor carpi ulnaris.