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| --- | --- | --- | --- | --- | --- | --- | --- |
| **PPT summarized [kg]** | **SMA3****n = 20** | **LOPD****n = 13** | **FSHD****n = 12** | **DM1****n = 12** | **DM2****n = 12** | **Control****n = 12** | **p** |
| **Arm region** (mean ± SD, min; max) | 13.1 ± 3.9; 23.7; 13.1 | 13.0 ± 5.6; 6.4; 25.5 | 15.2 ± 5.6; 8.1; 24.8;  | 15.0 ± 8.1; 6.9; 27.6;  | 12.5 ± 7.8; 5.9 32.9: | 18.0 ± 7.6; 6.5; 29.8;  | *0.264* |
| **Trunk region** (mean ± SD, min; max) | 10.7 ± 3.8; 4.7; 20;  | 10.9 ± 4.3; 5,6, 18,8;  | 12.7 ± 5.5; 7.3; 24 | 11.8 ± 6.2; 5.1; 24;  | 10.9 ± 6.8; 2.6; 26;  | 11.4 ± 3.2; 7.0; 18.5;  | *0.962* |
| **Leg region** (mean ± SD, min; max)-- **proximal** leg region (mean ± SD , min; max)-- **distal** leg region (mean ± SD, min; max) | 28.2 ± 9.5; 17; 51.6; 9.8 ± 3.3; 4.9; 16.618.9 ± 7.0; 11.5; 35;  | 25.9 ± 11.7; 14.4; 57.5;8.9 ± 4.2; 4.9; 21.1; 16.9 ± 7.6; 7.2; 36.4;  | 34.1 ± 10.1; 18.7; 49.1; 11.4 ± 3.4; 5.6; 15.3; 22.7 ± 7.6; 13.1; 36;  | 31.8 ± 15.8; 14.9; 63.5; 10.6 ± 5.8; 5.1; 23.5; 21.2 ± 10.3; 9.8; 40;  | 27.9 ± 16.1; 8.7; 58.6; 7.9 ± 4.8; 2.1; 17.1; 20 ± 11.5; 6.6; 41.5;  | 31.8 ± 7.4; 21.1; 42; 9.2 ± 2.0; 6.5; 13.4; 22.6 ± 6.5; 11.9; 32.7;  | *0.307**0.255**0.331* |
| **Shoulder and neck** region (mean ± SD, min; max) | 18.5 ± 7.1; 9.5; 38.7;  | 21.7 ± 10.2; 11.7; 43.3 | 26.1 ± 8.0; 14.4; 40;  | 21.2 ± 15.1; 7; 55;  | 17.9 ± 7.8; 7.8; 36.9;  | 20.4 ± 5.6; 10.6; 29.5;  | *0.152* |

**Supplementary table 1** Mean, standard deviation, minimum and maximum in PPT scores in different neuromuscular diseases and the control group

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|  | **SMA3****n = 18** | **LOPD****n = 13** | **FSHD****n = 12** | **DM1****n = 11** | **DM2****n = 12** | **Control****n = 12** | **p** |
| Depression Score(mean ± SD, min; max) | 1.89 ± 2.3; 0; 7; | 3.38 ± 4.7; 0: 16;  | 3.67 ± 4.6; 0; 15;  | 2.45 ± 2.3; 0; 8;  | 4.33 ± 4; 0; 13;  | 1.75 ± 2.8; 0; 10;  | 0.280 |
| Anxiety Score (mean ± SD, min; max) | 2.33 ± 2.8; 0; 11; | 2.38 ± 3.8; 0; 13;  | 3.17 ± 4.7; 0; 13;  | 1.82 ± 2.3; 0; 7;  | 5.00 ± 4.9; 0; 14 | 0.92 ± 1.2; 0; 3;  | 0.125 |
| Stress Score (mean ± SD, min; max) | 3.61 ± 4.4; 0; 13;  | 4.23 ± 4.7; 0; 16;  | 3.75 ± 4.4; 0; 14 | 2.73 ± 3.4; 0; 10;  | 8.5 ± 7.6; 1; 25; | 3.3 ± 3.3; 0; 11;  | 0.173 |
| FSS points\* | 4.0(±1.2; 1.8; 4.6) | 3.7(±1.7; 1.0; 6.2) | 3.51(1.7; 1.0; 6.3) | 4.0 (±1.1; 2.0; 6.2) | 4.9(±1.3; 2.7; 6.7) | 2.6(±0.9; 1.4; 3.9) | **0.021** |
| Presence of fatigue\*\* | N=10 (50%) | N=6(46%) | N=5(42%) | N=5(42%) | N=9 (75%) | N=0(0%) | - |
| MFHW\*\*\* (mean ± SD, min; max) | N = 1125.64 ± 7.6; 10; 34 | N = 823.38 ± 8.4; 13; 34 | N = 1124.55 ± 7.9; 10; 35 | N = 925.78 ± 7.8; 8; 35 | N = 1225.42 ± 7.2; 6; 33 | N = 235 ± 0; 35; 35 | **0.023** |

**Supplementary table 2** Scores for depression, anxiety and stress, presence of fatigue and general well-being

\* Points in the Fatigue Severity Scale (1 to 7 points);

\*\*for the presence of fatigue, a cutoff ≥ 4 points in the FSS is set;

\*\*\*MFHW (Marburg questionnaire on habitual well-being despite the perceived pain): maximum (35 points) means particularly great well-being. – only filled in by patients with pain