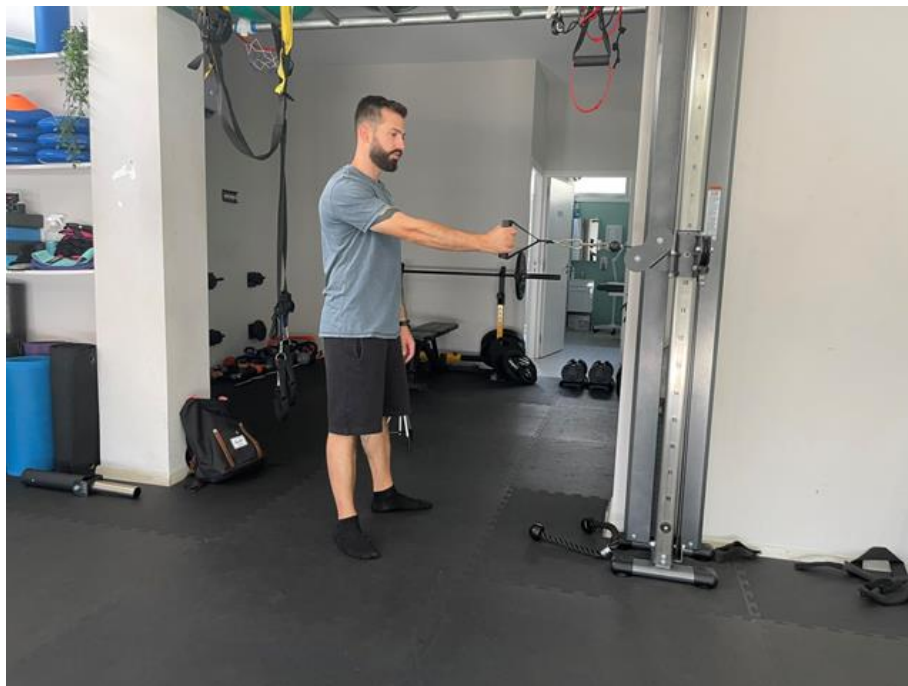


Supplementary File S1: Muscle loading protocol of the shoulder girdle

1. Low row



Start position



End position

2. Bear hug



Start position



End position

3. Shoulder press



Start position

End position

4. Shoulder flexion



Start position



End position

5. Shoulder external rotation



Start position



End position

6. Shoulder internal rotation



Start position



End position