Supplement 1

| EMS regimen:                  | effective EMS | sham procedure |
|------------------------------|---------------|---------------|
| Time of sessions, min        | 58.7±18.6     | 54.5±10.4     |
| Number of sessions           | 8.8±2.9       | 8.0±2.0       |
| Intensity                    |               |               |
| Magnitude of the impulse M ± σ, Volts |             |               |
| Surface:                     |               |               |
| Right thigh                  | 23,36±2.54    | 23,63±2.25    |
| Left thigh                   | 23,45±2.38    | 23,63±2.29    |
| Right calf                   | 21,36±3.83    | 21,27±3.47    |
| Left calf                    | 21,23±3.85    | 21,27±3.32    |

EMS regimen protocol for effective EMS and sham procedures

Refers to manuscript: *In-hospital electrical muscle stimulation for patients early after heart failure decompensation: results from a prospective randomized controlled pilot trial*