Additional file 2. Muscle strength (Torque, Nm) for targeted and sham interventions across affected and contralateral limbs at baseline and post-intervention, represented as mean ± SD.

|                     | Targeted (N = 13) |                     | Sham (N = 14) |                     |                     |
|---------------------|-------------------|---------------------|---------------|---------------------|---------------------|
|                     | Affected limb     | Contralateral limb  | Affected limb | Contralateral limb  |                     |
|                     | Baseline          | Post-intervention   | Baseline      | Post-intervention   | Post-intervention   |
| Between groups      | effect size for   |                     | effect size   |                     |                     |
|                     | affected limb     |                     | for          |                     |                     |
|                     |                   |                     | contralateral |                   |                     |
|                     |                   |                     | limb         |                   |                     |
| External Rotation1,2 | 26.9 ± 7.8        | 27.3 ± 9.1          | 24.7 ± 6.9    | 26.0 ± 8.9          | 23.6 ± 9.8          |
| Flexion3            | 77.0 ± 30.7       | 86.4 ± 28.4         | 77.3 ± 28.0   | 85.3 ± 27.9         | 69.9 ± 33.5         |
| Internal Rotation3,4| 26.5 ± 10.5       | 27.9 ± 10.8         | 29.8 ± 9.4    | 30.5 ± 8.4          | 25.0 ± 11.0         |
| Extension2,4        | 55.6 ± 30.6       | 64.8 ± 30.1         | 56.9 ± 27.9   | 65.3 ± 25.0         | 66.2 ± 38.0         |
| Abduction2,3,4      | 69.6 ± 27.5       | 81.2 ± 18.5         | 76.7 ± 32.5   | 86.4 ± 22.6         | 72.5 ± 39.2         |
| Adduction2          | 78.0 ± 31.8       | 86.3 ± 24.0         | 81.9 ± 33.7   | 86.3 ± 26.9         | 79.7 ± 43.6         |

1, limb x group effect (p < 0.05); 2, time main effect (p < 0.05); 3, limb main effect (p < 0.05); 4, Data transformed to achieve normality