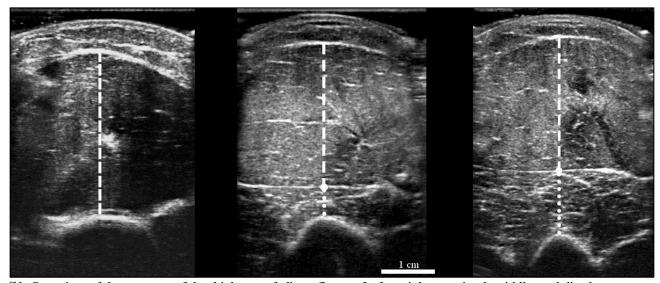
## **Supplementary Material**



**S1.** Overview of the measure of the thickness of elbow flexors. Left to right: proximal, middle, and distal measures. Long dash line: Biceps brachii. Dotted line: Brachialis.