

Supplemental Table 1. Demographic characteristics and functional outcome of healthy adults.

Variables	Healthy adults (n = 60)
Age, years	22.5 ± 3.5
Height, cm	164.8 ± 7.7
Weight, kg	60.5 ± 15.1
BMI, kg/m ²	22.1 ± 4.0
VAS, cm	0.1 ± 0.4
RDQ (score)	0.2 ± 0.9

BMI = body mass index; Healthy adults = healthy adults aged 18 to 34 attending school in Aichi Prefecture; VAS = visual analog scale; RDQ = Roland–Morris disability questionnaire; Data are presented as mean ± standard deviation.

Supplemental Table 2. Results of RMS_i^{*} and RPW_i of healthy adults.

Variable	Healthy adults (n = 60)
RMS ₁ ^{GS} [mm]	7.6 ± 3.6
RMS ₁ ^{LM} [mm]	7.2 ± 3.6
RPW ₁ [%]	51.3 ± 14.7
RMS ₂ ^{GS} [mm]	8.8 ± 4.0
RMS ₂ ^{LM} [mm]	8.1 ± 3.9
RPW ₂ [%]	52.2 ± 14.4
RMS ₃ ^{GS} [mm]	7.2 ± 3.7
RMS ₃ ^{LM} [mm]	7.8 ± 4.8
RPW ₃ [%]	48.3 ± 13.0

Healthy adults = healthy adults aged 18 to 34 attending school in Aichi Prefecture; GS = gastrocnemius and soleus muscles; LM = lumbar multifidus; RMS = root mean square of the center of pressure; RPW = relative proprioceptive weighting ratio; Data are presented as mean ± standard deviation. The subscript numbers indicate the following: 1 = muscle spindles (lower frequency), from 30 to 53 Hz; 2 = muscle spindles (higher frequency), from 56 to 100 Hz; 3 = Vater-Pacini corpuscle, from 140 to 250 Hz.