

Supplementary file 1

Table S1. Technical parameters of the LED device used in the study.

PARAMETERS	LED CLUSTER
Quantity of LEDs	6
Wavelength [nm]	660
Dose	2,675 J/cm ²
Irradiation time	7 minutes
LED mode	Continuous output
Optical point [mm]	5 ± 2
Optical Output [mW]	2~5
Number of sessions and frequency	1 session
Application technique	Contact
Number of clusters used	4 fixed clusters, one over each muscle of interest