

Supplementary Data

Supplementary Table 1. Averaged Cumulative Daily Release of IGF-1 (ng) At Each Time Point

Day	IGF-1 release (ng \pm stdev), n=4
0 (4h)	1050.78 (\pm 130.76)
0 (8h)	1173.46 (\pm 145.13)
1	1206.79 (\pm 151.75)
2	1221.29 (\pm 153.32)
4	1227.40 (\pm 153.21)
7	1234.14 (\pm 153.53)
14	1240.43 (\pm 153.37)
21	1243.84 (\pm 153.41)

Supplementary Table 2. Individual Daily Running Distance (kilometers)

Day	Running Distance					Statistical difference between groups
	Mouse A Scaffold	Mouse B Scaffold	Mouse C Scaffold+IGF-1	Mouse D Scaffold+IGF-1	Mouse E Scaffold+IGF-1	
Baseline	901.57	2527.01	772.94	330.39	244.55	n.s.
7	3177.35	2381.46	1985.07	76.63	74.30	n.s.
8	2931.89	8470.86	1731.44	23.34	53.68	n.s.
9	3060.65	8067.86	1437.36	110.87	44.76	n.s.
10	3769.02	9133.33	4282.50	230.68	86.75	n.s.
11	4690.56	10761.30	4080.22	293.70	115.53	n.s.
12	4715.85	14337.76	3803.64	394.45	99.20	n.s.
13	5025.49	14935.66	5077.62	352.82	102.70	n.s.
14	4645.83	14524.09	4014.48	180.50	56.02	n.s.
15	4571.14	15892.21	5614.83	318.98	107.36	n.s.
16	5304.79	14871.86	4982.31	302.25	166.88	n.s.
17	5661.51	17121.45	4795.59	277.36	220.95	n.s.
18	4534.57	17761.35	4349.41	231.46	204.61	n.s.
19	3235.31	18920.18	4162.30	278.91	154.82	n.s.
20	3150.51	19523.13	3826.98	215.90	222.90	n.s.

Supplementary Figure 1. Immunofluorescence staining of myofibers in a cross-section of the tibialis anterior muscle. (A) Mature non-regenerating myofibers that display peripherally located nuclei along the laminin myofiber edges and (B) actively regenerating myofibers containing centrally located nuclei.

