**Supplemental Figure Legend**

**Supplemental Figure 1.** Mass of treated (A-B) and contralateral (C-D) gastrocnemii immediately after sacrifice (A, C) or after 12 days of drying (B, D) from weight-bearing controls (Control) or animals subjected to hindlimb suspension then immediately sacrificed (HLS), permitted eight days of re-ambulation (Re-A), or re-ambulation plus instrument-assisted soft tissue manipulation (Re-A+IASTM). Data are mean ± SEM for n=5 for Control, n=7 for HLS, n=7 Re-A and n=8 Re-A+IASTM. Data were determined to be normally distributed by Shapiro-Wilk test. \* indicates p<0.05, \*\* indicates p<0.01, and \*\*\* indicates p<0.001 by one-way ANOVA with Tukey’s correction.