

Table 1: Common presenting features for common LGMD subtypes

Condition	Thigh Muscle Involvement	Leg	Shoulder girdle	Distal UL	Respiratory	Cardiac	Presents with Contractures
LGMD1D/D1 DNAJB6	Variable Hamstrings>quads Rec Fem and Sartorius often preserved	Variable. Medial gastrocs and soleus	Variable	No	Variable	Variable	No
LGMD2A/R1 Calpain	Adductors/semi- membranosus. Preserved Sartorius and gracilis	Tib ant	Yes+ Winging	No	Yes	Yes	Yes -calf Possibly elbow
LGMD2B/R2 Dysferlin	Adductors/hamstring. Abductors well preserved.	Posterior calf	Yes	LFFs	No	Not significant	No
LGMD2I/ R9 FKRP	Hamstrings/adductors /rec femoris/ quads	Calf hypertrophy	Yes	No	Yes	Yes	No
LGMD2C/R5 2D/R3 2E/R4 2F/R6 Sarcoglycans	Quads and hamstrings	Calf hypertrophy	Yes	No	Yes	Yes	No
LGMD2L/R12 ANO5	Hamstrings/adductors worse than anterior thigh	Posterior calf	Yes but mild	No	No	Yes	No

*Disclaimer: these are general subtype features and characteristics. Individual patients may present differently.

Table 2: Outcome measure selection decision tree. Selection of appropriate tools is multi-factored.

