TABLE E-1 Correlation Between Shoulder Strength and Subject Descriptives*

	Statistic	Height	Weight	BMI	Age
Males†					
ER-Dom	r	0.274	0.383	0.252	–0.379
	p-value	0.004‡	0.000‡	0.008‡	0.000‡
ER-Nondom	r	0.263	0.371	0.230	–0.324
	p-value	0.005‡	0.000‡	0.015‡	0.001‡
Abd-Dom	r	0.285	0.368	0.226	–0.427
	p-value	0.002‡	0.000‡	0.017‡	0.000‡
Abd-Nondom	r	0.256	0.390	0.259	–0.449
	p-value	0.007‡	0.000‡	0.006‡	0.000‡
Females§					
ER-Dom	r	–0.057	0.256	0.273	–0.186
	p-value	0.618	0.024‡	0.016‡	0.103
ER-Nondom	r	–0.028	0.309	0.325	–0.145
	p-value	0.808	0.006‡	0.004‡	0.207
Abd-Dom	r	–0.129	0.105	0.146	–0.380
	p-value	0.251	0.349	0.194	0.000‡
Abd-Nondom	r	–0.108	0.197	0.232	–0.390
	p-value	0.336	0.078	0.037‡	0.000‡

*ER-Dom = external rotation strength of the dominant side shoulder, ER-Nondom = external rotation strength of the nondominant side shoulder, Abd-Dom = abduction strength of the dominant side shoulder, Abd-Nondom = abduction strength of the nondominant side shoulder, r = Pearson's correlation coefficient, and BMI = body mass index. †Weight, height, body mass index, and age all showed a significant correlation with shoulder strength in males. ‡Significant correlation (p < 0.05). §In females, weight and body mass index showed a significant correlation with external rotation strength. In contrast, age showed a significant correlation only with abduction strength. Height did not show a significant correlation with shoulder strength in women.
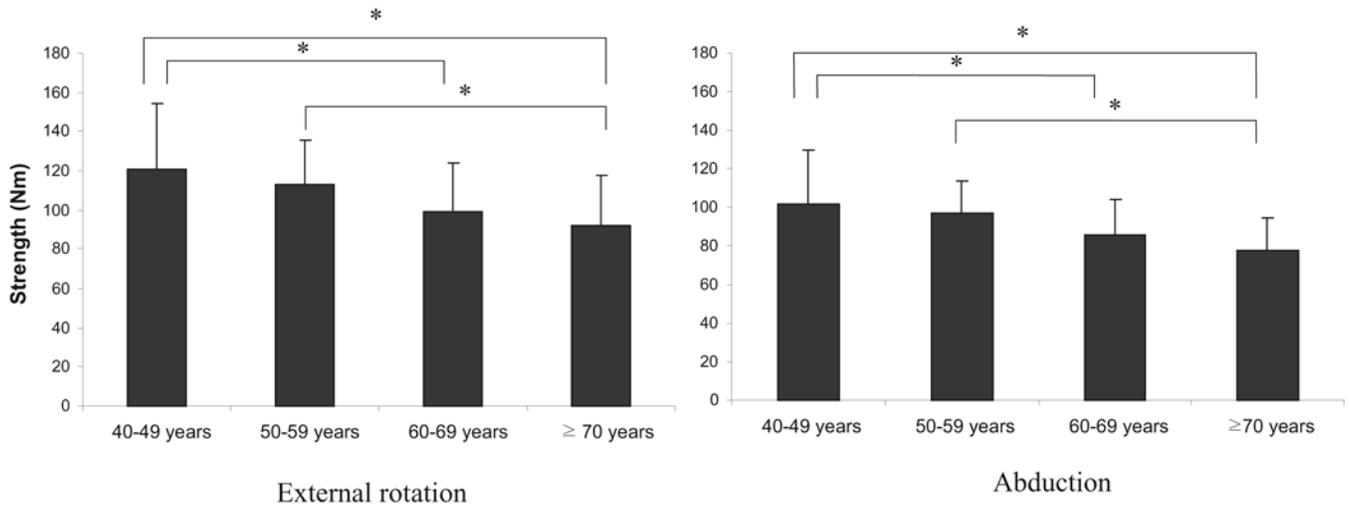
Fig. E-1A

Figs. E-1A and E-1B Isometric shoulder strength in subjects with intact rotator cuff. *A significant difference ($p < 0.05$) on the Tukey honestly significant difference post hoc test. Fig. E-1A In male subjects, both external rotation and abduction strength showed a significant decrease in older age groups.
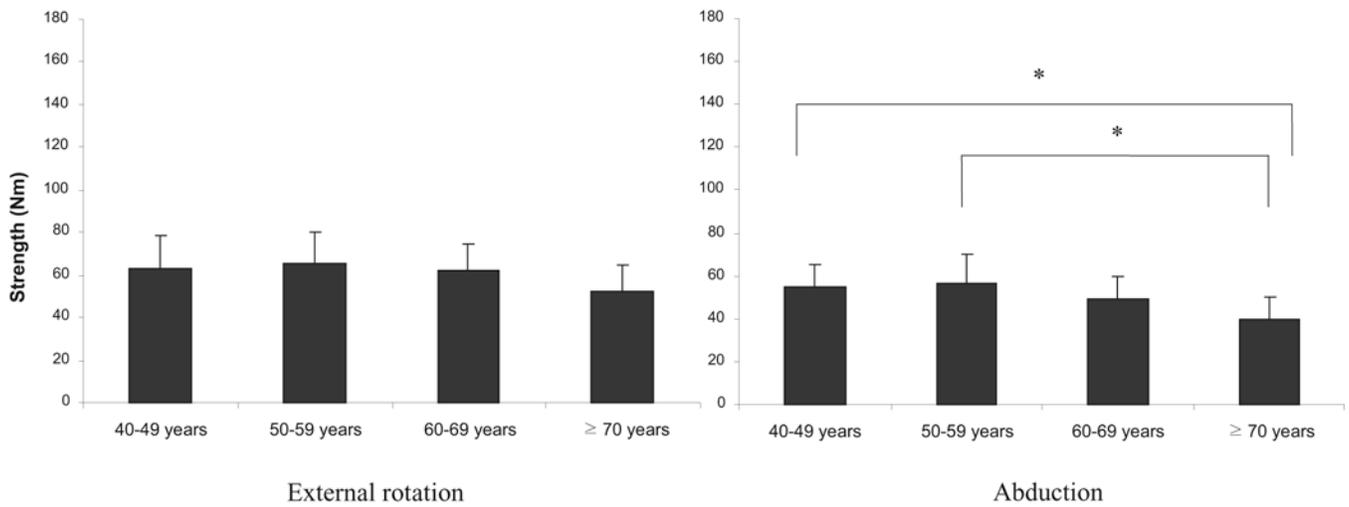

Fig. E-1B

In female subjects, only abduction strength showed a significant decrease in subjects aged seventy years or more (Group D). Note that data of only dominant side shoulders are shown here.