Table 1 – Frequency and percentage distribution, characteristics and functional level of participants at the neuromuscular centre.

	Frequency (n=104)	Gender (n=104)		Age in yrs	Years since diagnosis	Functional Levels Frequency (percentage)			
	n(%)	M n(%)	F n(%)	Mean (SD)	Mean (SD)	Performs all tasks unaided	Requires assistance with some tasks	Requires assistance with all tasks	Cannot complete most tasks
Neuromuscular condition									
Beckers	28(26.9)	28(40.0)	0(0.00)	41.5(12.27)	26.5(11.52)	4(14.3)	15(53.6)	6(21.4)	3(10.7)
Facioscapular dystrophy	16(15.4)	8(11.4)	8(23.5)	48.5(14.70)	22.5(11.50)	4(25)	10(62.5)	1(6.3)	1(6.3)
Limb- girdle dystrophy	13(12.5)	6(8.60)	7(20.6)	45.5(13.73)	15.0(11.00)	2(15.4)	6(46.2)	5(38.5)	0(0)
Spinal muscular atrophy	11(10.6)	5(7.10)	6(17.6)	49.8(16.90)	32.9(15.84)	1(9.1)	2(18.2)	6(54.5)	2(18.2)
Charcot MarieTooth	6(5.80)	2(2.90)	4(11.8)	44.7(14.25)	18.3(10.80)	2(33.3)	3(50)	0(0)	1(16.7)
Duchenne muscular dystrophy	5(4.80)	5(7.10)	0(0.00)	32.6(19.27)	16.4(8.29)	1(20)	1(20)	2(40)	1(20)
Myotonic dystrophy	4(3.80)	2(2.90)	2(5.90)	54.0(4.69)	20.3(11.67)	0(0)	2(50)	1(25)	1(25)
Inclusion body myositis	3(2.90)	2(2.90)	1(2.90)	67.7(3.21)	4.30(3.21)	0(0)	2(66.7)	1(33.3)	0(0)
Mitochondria myopathy	3(2.90)	1(1.40)	2(5.90)	55.3(3.79)	12.0(2.00)	0(0)	2(66.7)	1(33.3)	0(0)
Muscular dystrophy[1]	3(2.90)	2(2.90)	1(2.90)	31.0(13.75)	16.7(4.62)	0(0)	2(66.7)	0(0)	1(33.3)
Myofibrillar myopathy	3(2.90)	3(4.30)	0(0.00)	59.0(18.33)	12.0(2.00)	1(33.3)	2(66.7)	0(0)	0(0)
Centronuclear myopathy	2(1.90)	1(1.40)	1(2.90)	52.0(18.34)	13.0(2.83)	1(50)	1(50)	0(0)	0(0)
Other[2]	7(6.70)	5(7.10)	2(5.90)	51.3(17.75)	12.9(11.2)	1(14.3)	5(71.4)	1(14.3)	0(0)

[1] No specific diagnosis given

[2] Includes 1 x Emery-Dreifuss dystrophy, Pompe Disease, Kennedy's disease, Oculopharyngeal dystrophy, Central core disease, Schwartz-Jampel syndrome, Miyoshi myopathy