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|  | **Regional Skin Temperature (°C) at each time point in the Young and Older group** |
|  | **Baseline** | **Pre-Pad-Rest** | **Post-Pad-Rest** | **Pre-Pad-Ex** | **Post-Pad-Ex** |
|  | **Young** | **Older** | **Young** | **Older** | **Young** | **Older** | **Young** | **Older** | **Young** | **Older** |
| Anterior upper arm | 34.2 ± 0.7 | 34.0 ± 0.8 | 35.6 ± 0.6\*\*\*# | 35.8 ± 0.6\*\*\*# | 35.7 ± 0.8 | 35.8 ± 0.7 | 34.1 ± 0.7\*\*\*# | 33.6 ± 0.9\*\*\*# | 34.7 ± 0.7\*\*\*# | 34.3 ± 0.9\*\*\*# |
| Anterior lower arm | 34.3 ± 0.7 | 33.9 ± 0.9 | 35.5 ± 0.6\*\*\*# | 35.7 ± 0.7\*\*\*# | 35.8 ± 0.5 | 35.9 ± 0.8 | 33.8 ± 0.6\*\*\*# | 33.6 ± 0.9\*\*\*# | 34.5 ± 0.5\*\*\*# | 34.3 ± 0.7\*\*\*# |
| Posterior upper arm | 32.4 ± 0.9 | 32.4 ± 0.4 | 34.4 ± 0.7\*\*\*# | 34.6 ± 0.4\*\*\*# | 34.9 ± 0.7\*\*\*# | 35.0 ± 0.7\*\*\*# | 34.7 ± 0.8 | **33.9 ± 0.9\*\*\*#** | 35.4 ± 0.7\*\*\*# | **34.6 ± 1.1\*\*\*#** |
| Posterior lower arm | 34.0 ± 0.7 | 33.7 ± 0.8 | 35.2 ± 0.4\*\*\*# | 35.2 ± 0.6\*\*\*# | 35.6 ± 0.6\*\*\*# | 35.7 ± 0.7\*\*\*# | 34.3 ± 0.7\*\*\*# | 34.3 ± 1.1\*\*\*# | 35.0 ± 0.6\*\*\*# | 35.0 ± 1.1\*\*\*# |
| Upper torso | 34.8 ± 0.9 | 34.3 ± 0.7 | 35.7 ± 0.8\*\*\*# | 36.1 ± 0.6\*\*\*# | 35.7 ± 0.7 | 35.8 ± 0.8 | 34.1 ± 0.9\*\*\*# | 33.8 ± 1.0\*\*\*# | 34.8 ± 0.6\*\*\*# | 34.6 ± 0.8\*\*\*# |
| Mid torso | 34.9 ± 0.8 | **34.1 ± 0.8** | 35.4 ± 1.0\* | 35.5 ± 0.8\*\*\*# | 35.5 ± 0.8 | 35.6 ± 0.8 | 33.8 ± 0.9\*\*\*# | 33.5 ± 1.0\*\*\*# | 34.7 ± 0.5\*\*\*# | 34.3 ± 0.9\*\*\*# |
| Lower torso | 34.5 ± 1.0 | **33.1 ± 1.2** | 35.3 ± 0.9\*\* | 35.2 ± 0.8\*\*\*# | 35.4 ± 0.8 | 35.2 ± 0.8 | 34.0 ± 0.8\*\*\*# | 33.4 ± 1.0\*\*\*# | 34.5 ± 0.6\*\*\*# | 34.1 ± 0.8\*\*\*# |
| Upper back | 34.7 ± 1.0 | 34.3 ± 0.7 | 35.0 ± 1.0 | 35.6 ± 0.9\*\*\*# | 35.3 ± 0.8 | 35.7 ± 1.0 | 33.7 ± 0.9\*\*\*# | 33.6 ± 1.1\*\*\*# | 35.2 ± 0.6\*\*\*# | 35.0 ± 0.9\*\*\*# |
| Mid back | 34.0 ± 1.0 | 34.1 ± 0.7 | 34.6 ± 0.9\*\* | 35.2 ± 0.8\*\*\*# | 34.8 ± 0.8 | 35.2 ± 0.9 | 33.8 ± 0.7\*\* | 33.3 ± 1.2\*\*\*# | 35.0 ± 0.6\*\*\*# | 34.5 ± 1.0\*\*\*# |
| Lower back | 34.1 ± 1.0 | 33.7 ± 0.7 | 34.6 ± 0.7\* | 34.8 ± 0.8\*\*\*# | 34.5 ± 0.7 | 34.6 ± 0.9\* | 34.0 ± 0.8\* | **33.3 ± 1.1\*\*\*#** | 35.1 ± 0.6\*\*\*# | 34.3 ± 0.9\*\*\*# |
| Anterior upper leg | 32.4 ± 1.0 | 32.6 ± 1.0 | 34.0 ± 0.8\*\*\*# | **34.7 ± 0.9\*\*\*#** | 34.3 ± 0.8\* | 34.8 ± 0.7 | 33.9 ± 1.0\* | 34.5 ± 1.1 | 34.3 ± 1.0\*\* | 34.9 ± 1.4\*\*\*# |
| Anterior lower leg | 32.8 ± 0.6 | **33.4 ± 0.7** | 33.3 ± 0.7\*\* | **34.4 ± 0.9\*\*\*#** | 33.7 ± 0.7\*\*\*# | **34.8 ± 0.8\*\*\*#** | 34.3 ± 0.5\*\* | **35.7 ± 1.3\*\*** | 34.5 ± 0.5\*\*\*# | **35.9 ± 1.4\*\*\*#** |
| Posterior upper leg | 32.8 ± 0.8 | 33.1 ± 0.9 | 33.7 ± 0.7\*\*\*# | **34.5 ± 0.8\*\*\*#** | 34.1 ± 0.6\*\*\*# | **34.9 ± 0.7\*\*\*#** | 34.5 ± 0.7\*\* | **35.4 ± 1.0\*** | 34.8 ± 0.7\*\* | **35.7 ± 1.2** |
| Posterior lower leg | 32.7 ± 0.6 | 33.2 ± 1.0 | 33.4 ± 0.6\*\* | **34.4 ± 0.8\*\*\*#** | 33.8 ± 0.6\* | **34.6 ± 0.8\*** | 34.6 ± 0.4\*\*\*# | **35.9 ± 1.4\*\*\*#** | 34.8 ± 0.5\*\* | **36.0 ± 1.4** |
| Hand | 34.1 ± 1.7 | **32.3 ± 1.9** | 35.7 ± 0.4\*\* | 35.7 ± 1.0\*\*\*# | 35.9 ± 0.7 | 35.6 ± 1.2 | 35.4 ± 0.6\* | 35.4 ± 1.3 | 35.7 ± 0.3\*\* | 35.9 ± 1.1\*\*\*# |
| Foot | 31.3 ± 2.1 | 30.2 ± 2.5 | 33.1 ± 2.0\*\*\*# | 32.0 ± 1.7\*\*\*# | 33.4 ± 1.6 | 32.5 ± 1.5 | 34.8 ± 1.3\* | 35.6 ± 2.0\*\*\*# | 35.2 ± 1.0 | 35.7 ± 1.8 |
| Mean of all regions | 33.6 ± 1.0 | 33.3 ± 1.0 | 34.6 ± 0.8 | 35.0 ± 0.8 | 34.9 ± 0.7 | 35.1 ± 0.9 | 34.2 ± 0.8 | 34.3 ±1.1 | 34.9 ± 0.6 | 34.9 ± 1.1 |

**ESM3.** Mean ± SD of regional skin temperature (°C)at each time point in the young and older age group. Significantly different from previous time point: displayed as \**p* < 0.05, \*\**p* < 0.01, \*\*\**p* < 0.001 (always significant increase unless highlighted grey). #Significant difference after Bonferroni correction. **Bold** **text** indicates significant difference from younger age group.

= significant decrease from previous time point.