**Supplementary Table 1. MICU patients admitted from home in year 1 (n=112) and year 2 (n=71) after implementation of an early mobilization program.**

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| --- | --- | --- | --- |
| Characteristic | Year 1 cohort | Year 2 cohort | *p*-value |
| Mean [SD] or n (%) | |
| Age | 62.0 [17.2] | 61.6 [16.0] | 0.84 |
| Male gender | 57 (50.9) | 39 (54.9) | 0.65 |
| Non-Hispanic white | 74 (66.1) | 41 (57.7) | 0.27 |
| Body mass index (BMI, kg/m2) | 29.6 [9.2] | 28.9 [8.5] | 0.67 |
| Pre-hospital ambulatory status |  |  | 0.63 |
| Assistive equipment/person or  dependent | 36 (32.1) | 26 (36.6) |  |
| Independent | 76 (67.9) | 45 (63.4) |  |
| Number of comorbiditiesa | 1.6 [1.2] | 1.7 [1.4] | 0.82 |
| APACHE II scoreb | 23.3 [7.4] | 23.8 [6.7] | 0.57 |
| Respiratory failurec | 26 (23.2) | 22 (31.0) | 0.30 |
| Number of physical therapy sessions in the ICU | 2.1 [1.8] | 2.0 [1.3] | 0.86 |
| Maximum level of mobility in the ICU |  |  | 0.06 |
| 1 – Therapeutic (in-bed) exercises | 5 (4.5) | 5 (7.0) |  |
| 2 – Bed mobility (supine-to-sit) | 5 (4.5) | 11 (15.5) |  |
| 3 – Transfer training (sit-to-stand/bed-to-  chair) | 21 (18.8) | 6 (8.5) |  |
| 4 – Gait training (<25-50% patient  effort) | 9 (8.0) | 8 (11.3) |  |
| 5 – Gait training (75% patient effort) | 30 (26.8) | 16 (22.5) |  |
| 6 – Gait training (independent) | 42 (37.5) | 25 (35.2) |  |
| MICU length of stay (days) | 5.3 [3.8] | 5.6 [3.2] | 0.08 |
| Hospital length of stay (days) | 13.3 [8.0] | 15.8 [9.8] | 0.11 |

Abbreviations: APACHE II = Acute Physiology and Chronic Health Evaluation II; MICU = medical intensive care unit

a The 9 recorded comorbidities included coronary artery disease, congestive heart failure, chronic kidney disease/end stage renal failure, chronic obstructive pulmonary disease, cardiovascular accident, diabetes mellitus, active malignancy, dementia, and hepatic cirrhosis

b APACHE II scores range from 0 to 71, with higher scores associated with increased in-hospital mortality

c Respiratory failure was defined as the presence of high-flow nasal cannula, non-invasive positive pressure ventilation, or mechanical ventilation requirement