

Electronic Supplement 2: Routine physical therapy interventions received by group

	Total	Cycling	Routine
Total weekdays for routine physical therapy, N	592	330	262
Days with exemptions, N (%)	99 (16.7)	52 (15.7)	47 (17.9)
ICU or research team perception that routine physical therapy was not appropriate	81 (81.8)	38 (73.0)	43 (91.4)
Change in goals of care	18 (18.2)	14 (26.9)	4 (8.5)
Eligible days for routine physical therapy, N	493	278	215
Reasons why routine physical therapy did not occur (n=48), N (%)	48 (9.7)	31 (11.2)	17 (7.9)
Therapist factors	37 (7.5)	25 (9.0)	12 (5.6)
Routine physical therapy not offered	22 (4.4)	16 (5.8)	6 (2.8)
Not available due to workload	11 (2.2)	5 (1.8)	6 (2.8)
Cycling prioritized	4 (0.8)	4 (1.4)	0
Patient factors	7 (1.4)	5 (1.8)	2 (0.9)
Patient declined	6 (1.2)	4 (1.4)	2 (0.9)
Patient not available	1 (0.2)	1 (0.4)	0
Other	4 (0.8)	1 (0.4)	3 (1.4)
Reported physical therapy interventions*	N=445	N=247	N=198
Respiratory assessment, n (%)	343 (77.1)	200 (81.0)	143 (72.2)
Mobility activities, n (%) ^a	265 (59.6)	145 (58.7)	120 (60.6)
Rolling, n (%)	206 (47.0)	119 (49.4)	87 (44.2)
Lie to sit, n (%)	168 (38.2)	88 (36.1)	80 (40.8)
Sit at edge of bed, n (%)	170 (38.6)	92 (37.7)	78 (39.8)
Sit to stand, n (%)	133 (30.5)	78 (32.1)	55 (28.5)
Bed to chair transfer, n (%)	110 (25.5)	64 (26.7)	46 (24.0)
March on the spot, n (%)	80 (18.4)	53 (22.1)	27 (13.9)
Walking, n (%)	41 (9.5)	22 (9.3)	19 (9.8)
Airway clearance, n (%)	243 (54.6)	144 (58.3)	99 (50.0)
Range of motion			
Passive, n (%)	199 (44.7)	103 (41.7)	96 (48.5)
Active-assisted, n (%)	164 (36.9)	71 (28.7)	93 (47.0)
Active, n (%)	123 (27.6)	75 (30.4)	48 (24.2)
Passive transfer to chair, n (%)	17 (3.8)	5 (2.0)	12 (6.1)
Neuromuscular electrical stimulation, n (%)	1 (0.2)	1 (0.4)	0
Advanced life support received during routine physical therapy sessions	N=445	N=247	N=198
Mechanical ventilation, n (%)	313 (70.3)	163 (66.0)	150 (75.6)
Oral endotracheal tube, n (%)	248 (55.7)	128 (51.8)	120 (60.6)
Tracheostomy, n (%)	61 (13.7)	32 (13.0)	29 (14.6)
Non-invasive, n (%)	4 (0.9)	3 (1.2)	1 (0.5)
Other advanced ventilation, n (%)	26 (5.8)	9 (3.6)	17 (8.6)
Renal replacement therapy, n (%)	22 (4.9)	8 (3.2)	14 (7.1)
Vasopressor or inotrope infusion, n (%)	47 (10.6)	26 (10.5)	21 (10.6)

	Total	Cycling	Routine
Mobility milestones achieved per patient, n (%)	N=65	N=35 [†]	N=30
Rolling, n (%)	47 (72.3)	25 (71.4)	22 (73.3)
Lie to sit, n (%)	46 (70.8)	24 (68.6)	22 (73.3)
Sit at edge of bed, n (%)	45 (69.2)	24 (68.6)	21 (70.0)
Sit to stand, n (%)	38 (58.5)	20 (57.1)	18 (60.0)
Bed to chair transfer, n (%)	32 (49.2)	18 (51.4)	14 (46.7)
March on the spot, n (%)	31 (47.7)	17 (48.8)	14 (46.7)
Walking, n (%)	18 (27.7)	10 (28.6)	8 (26.7)
ICU Mobility Scale(51), highest level per patient, median (IQR)	5 (2 - 7)	6 (2 - 7.5)	5 (3 - 7)

Legend: This table outlines the routine physical therapy interventions by group. *Denominators for mobility activities (Total, Cycling, Routine): Mobility activities: 445, 247, 198; Rolling: 438, 241, 197; Lie to sit: 440, 244, 196; Sit at edge of bed: 440, 244, 196; Sit to stand: 436, 243, 193; Bed to chair transfer: 432, 240, 192; March on the spot: 434, 240, 194; Walking: 430, 236, 194. [†]Data missing for mobility milestones for 1 person. Abbreviations: ICU = intensive care unit. The ICU Mobility Scale is an 11 point scale representing the highest level of mobilization in the ICU (maximum = 10, higher scores represent better mobility)