

Electronic Supplement 3: Outcome measures

Outcome	ICU Awakening ^a			ICU discharge ^b			Hospital discharge ^c		
	Cycling	Routine		Cycling	Routine		Cycling	Routine	
Performance-based outcomes									
PFIT-s, mean (SD)	4.4 (2.0)	4.4 (2.2)	0.03 (-1.2, 1.2)	5.7 (2.0)	6.0 (2.5)	-0.3 (-1.6,1.0)	7.8 (1.9)	8.1 (1.7)	-0.3 (-1.5,0.8)
Blinded PFIT-s, mean (SD)							7.8 (1.9)	8.1 (1.7)	-0.3 (-1.5,0.9)
MRCSS, mean (SD)	42.8 (12.1)	43.5 (12.1)	-0.7 (-7.8, 6.4)	46.3 (12.1)	52.4 (5.2)	-6.1 (-11.4,-0.7)	53.7 (5.1)	53.4 (5.6)	0.4 (-8.5,16.5)
MRCSS <48, n (%)	16/23 (69.6)	14/24 (58.3)	RR = 1.19 (0.77, 1.84)	13/28 (46.4)	3/16 (18.8)	RR = 2.48 (0.83, 7.40)	3/23 (13.0)	4/18 (22.2)	RR = 0.59 (0.15, 2.30)
30STS, median (IQR) # reps	1 (1-2)	1 (1-2)		1.5 (1-4)	1.5 (1-3)		4.5 (2-8)	5 (4-8)	
2MWT, median (IQR) meters				30.5 (24-56)	33.5 (20-49.5)		76 (51-116)	61 (60-90)	
Quadriceps strength, mean (SD), Newtons				102.3 (69.2)	108.9 (50.6)		117.2 (57.1)	147.1 (57.7)	
Katz, median (IQR)				1 (0-2.5)	1 (0-3)		4 (1-6)	5 (4-8)	
Patient-reported outcomes									
IPAT, mean (SD)				Cycling 6.3 (3.9)	Routine 6.9 (4.5)		Cycling	Routine	
IPAT ≥ 8, n (%)				7/27 (25.9)	9/22 (40.9)	RR = 0.63 (0.28, 1.43)			
PRFS-ICU, mean (SD)				4.8 (3.1)	4.5 (3.0)	0.3 (-1.5,2.2)	6.4 (2.4)	6.0 (2.3)	0.4 (-1.4,2.2)
EQ5D5L utility, mean (SD)				0.57(0.27)	0.56(0.27)	0.01 (-0.16,0.17)	0.69 (0.20)	0.67 (0.21)	0.02 (-0.11,0.16)
EQ5D5L VAS, mean (SD)				56.5 (22.8)	53.9 (27.3)	2.6 (-13.1,18.2)	69.8 (16.7)	65.8 (21.4)	4.0 (-8.5,16.5)

Legend: This table outlines the patients' ICU and hospital outcomes, and their performance-based and patient-reported outcomes recorded at ICU awakening, ICU discharge, and hospital discharge (as applicable). Abbreviations: ICU=Intensive care unit; CI=confidence interval; LOS=length of stay; IQR=interquartile range; PFIT-s=Physical Function ICU Test-scored (maximum=10; higher scores, better function); MRCSS=Medical Research Council sum score (maximum=60; higher scores, better strength);

30STS30=second sit to stand (more repetitions=better function); reps=repetitions; 2MWT=2 minute walk test (further distance=better function); Katz=Katz activities of daily living (maximum=6; higher scores, more independence in function); IPAT= Intensive Care Psychological Assessment tool (maximum=20; higher scores, higher risk of post-ICU psychological distress); PRFS-ICU=Patient-reported functional scale for ICU (maximum=10; higher scores, better perception of function); EQ5D5L utility=Euro-QOL5D5L quality of life utility (maximum=1.0; higher scores, better quality of life); EQ5D5L VAS= Euro-QOL5D5L visual analogue scale (maximum=100; higher scores, better quality of life). All values are mean (SD) unless otherwise specified. Abbreviations: IQR = interquartile range; ADL = activities of daily living; ICU = intensive care unit.

^aSample size for assessments performed at ICU Awakening (Cycling, routine): PFIT-s (27, 25); MRC Sum Score and MRC total score <48, (23, 24); 30STS (15, 13)

^bSample size for assessments performed at ICU Discharge (Cycling, routine): PFIT-s (28, 20); MRC Sum Score and MRC total score <48, (28, 16); 30STS (24, 18), 2MWT (10, 8); quadriceps strength (15, 14); Katz ADLs (28, 21); IPAT (27, 22); PRFS-ICU (25, 19); EQ5D5L Utility (24, 19); EQ5D5L VAS (24, 18).

^cSample size for assessments performed at Hospital Discharge (Cycling, routine): PFIT-s (25, 18); PFIT-s, blinded assessors (20, 17); MRC Sum Score and MRC total score <48, (23, 18); 30STS (22, 17), 2MWT (18, 16); quadriceps strength (16, 14); Katz ADLs (26, 18); PRFS-ICU (23, 18); EQ5D5L Utility and EQ5D5L VAS (21, 17).