Table A2: Supplementary data: Physical recovery outcomes, at baseline (0 = day before discharge from hospital), after 2, 6, 12, and 24 weeks in the control and intervention group (shown as crude means (SD), and as mean differences from baseline (SD)).

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Control** | | | | | | | | | | **Intervention** | | | | | | | | | |
|  | 0  (n=37) | | 2 (n=29) | | 6  (n=29) | | 12  (n=28) | | 24  (n=25) | | 0  (n=33) | | 2  (n=27) | | 6  (n=29) | | 12  (n=27) | | 24  (n=21) | |
| SPPB total | 5.7 | (3.0) | 6.6 | (2.5) | 7.3 | (2.7) | 7.6 | (2.7) | 7.8 | (3.0) | 6.7 | (3.1) | 7.6 | (2.8) | 7.4 | (2.8) | 7.3 | (2.7) | 8.7 | (2.4) |
| Difference from baseline | - | - | 0.9 | (2.1) | 1.3 | (2.1) | 1.6 | (2.0) | 1.9 | (2.7) | - | - | 0.6 | (1.4) | 0.5 | (1.9) | 0.6 | (1.5) | 1.4 | (2.0) |
| Gait speed (sec) | 7.7 | (3.1) | 7.1 | (2.3) | 6.2 | (2.4) | 6.3 | (2.2) | 5.5 | (1.6) | 9.6 | (9.5) | 7.0 | (4.1) | 6.7 | (3.5) | 6.8 | (2.9) | 5.6 | (2.4) |
| Difference from baseline | - | - | -0.5 | (1.8) | -1.1 | (1.8) | -1.3 | (2.3) | -1.7 | (2.1) | - | - | -2.6 | (7.3) | -2.5 | (7.2) | -2.7 | (8.1) | -4.2 | (9.2) |
| Chair rise (sec) | 35.0 | (37.2) | 22.6 | (13.6) | 21.6 | (18.0) | 20.1 | (11.1) | 14.4 | (4.6) | 24.4 | (12.4) | 19.8 | (7.8) | 18.5 | (8.0) | 17.8 | (5.8) | 15.9 | (6.4) |
| Difference from baseline | - | - | -9.9 | (26.6) | -8.7 | (18.4) | -11.5 | (29.2) | -16.2 | (43.9) | - | - | -3.8 | (6.5) | -3.3 | (4.2) | -6.0 | (7.9) | -4.5 | (4.4) |
| Leg extension strength (newton) | 196.3 | (93.9) | 215.6 | (96.3) | 237.0 | (130.3) | 225.9 | (112.9) | 213.5 | (108.0) | 217.8 | (88.0) | 242.3 | (92.0) | 231.7 | (79.7) | 242.4 | (87.8) | 217.1 | (78.4) |
| Difference from baseline | - | - | 16.7 | (44.6) | 35.0 | (56.3) | 28.9 | (57.3) | 13.8 | (47.6) | - | - | 15.4 | (36.2) | 0.5 | (52.0) | 4.1 | (64.7) | -2.9 | (52.1) |
| Hand grip strength (kg) | 25.3 | (12.3) | 24.0 | (9.1) | 25.6 | (10.3) | 25.8 | (11.5) | 23.1 | (11.9) | 26.5 | (11.3) | 25.1 | (12.3) | 26.2 | (11.6) | 26.7 | (11.0) | 27.5 | (11.2) |
| Difference from baseline | - | - | -0.7 | (6.0) | -0.2 | (6.6) | -0.7 | (8.6) | -2.9 | (9.3) | - | - | -2.0 | (5.0) | -1.8 | (5.8) | -0.9 | (5.8) | -1.8 | (6.8) |
| Body weight (kg) | 78.4 | (19.0) | 79.0 | (18.6) | 79.8 | (18.8) | 78.6 | (19.1) | 79.3 | (20.0) | 74.5 | (15.6) | 76.1 | (15.7) | 76.7 | (15.5) | 76.9 | (16.4) | 76.6 | (16.5) |
| Difference from baseline | - | - | 0.5 | (2.0) | 1.5 | (2.4) | 1.5 | (2.8) | 1.6 | (3.3) | - | - | 0.9 | (1.3) | 1.0 | (2.3) | 0.7 | (3.4) | 0.7 | (4.0) |
| MNA (points) | 22.5 | (3.8) | 24.3 | (3.1) | 25.0 | (3.0) | 25.4 | (2.6) | 26.2 | (2.1) | 22.5 | (3.9) | 23.4 | (3.5) | 24.3 | (2.8) | 24.8 | (2.6) | 24.6 | (4.0) |
| Difference from baseline | - | - | 2.0 | (2.6) | 2.4 | (3.0) | 2.7 | (2.9) | 3.3 | (3.4) | - | - | 1.3 | (3.0) | 2.1 | (4.0) | 2.3 | (3.2) | 2.1 | (2.5) |
| ADL (points) | 17.2 | (3.0) | 17.2 | (2.8) | 16.9 | (3.2) | 16.7 | (3.6) | 17.1 | (3.6) | 17.1 | (2.9) | 17.4 | (2.9) | 17.6 | (3.0) | 17.0 | (2.7) | 18.3 | (2.0) |
| Difference from baseline | - | - | 0.4 | (2.0) | -0.1 | (2.0) | -0.3 | (2.4) | -0.2 | (2.1) | - | - | 0.3 | (1.8) | 0.3 | (2.5) | -0.1 | (2.4) | 0.8 | (2.3) |
| Physical activity (min/d) | 31.5 | (36.9) | 71.0 | (51.9) | 76.8 | (64.2) | 84.0 | (61.9) | 100.6 | (79.6) | 40.8 | (44.7) | 82.1 | (67.5) | 84.8 | (82.4) | 85.7 | (60.5) | 129.4 | (78.9) |
| Difference from baseline | - | - | 41.4 | (64.5) | 50.2 | (74.8) | 56.8 | (69.6) | 72.3 | (93.3) | - | - | 41.5 | (60.2) | 44.2 | (68.5) | 45.0 | (49.7) | 82.2 | (76.0) |