

**Supplementary Table S1.** Criteria for physiological stability

Physiological stability variable	Variable range
<b>Medical stability</b>	
Bleeding tendency	May not get worse by mobilization
Fever	38.5°C or less
Immediately after surgery	From the day after surgery
Bed rest order	When the attending physician determines that the condition requires rest
<b>Cardiovascular stability</b>	
Heart rate	50–120 beats per minute
Mean arterial blood pressure	65–110 mmHg
Vasoactive medication infusions	No increase in vasoactive medications within 24 hours
<b>Respiratory stability</b>	
Fraction of inspired oxygen	0.6 or less
Positive end expiratory pressure	10 cmH <sub>2</sub> O or less
Respiratory rate	30 breaths per minute or less
Pulse oximetry oxygen saturations	90% or greater
<b>Neurological stability</b>	
Richmond Agitation-Sedation Score	-2 to 1
Delirium	M6 (able to follow commands)
Glasgow Coma Scale	M6 (able to follow commands)