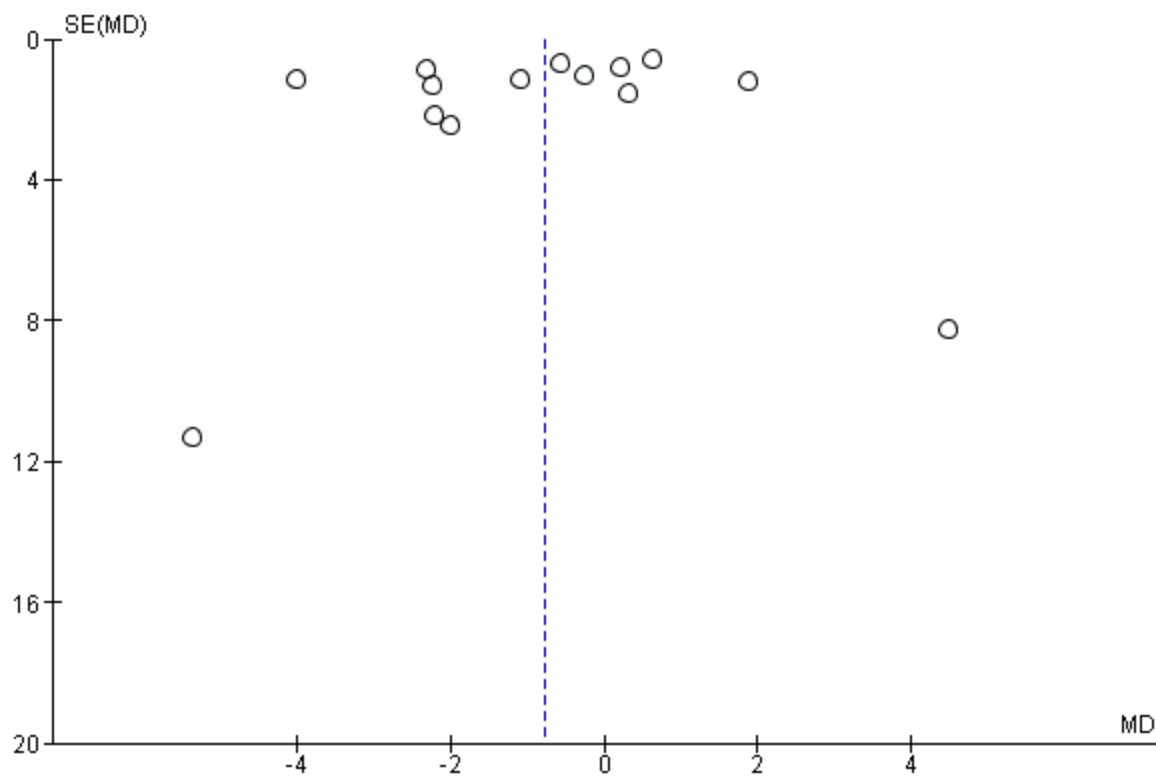


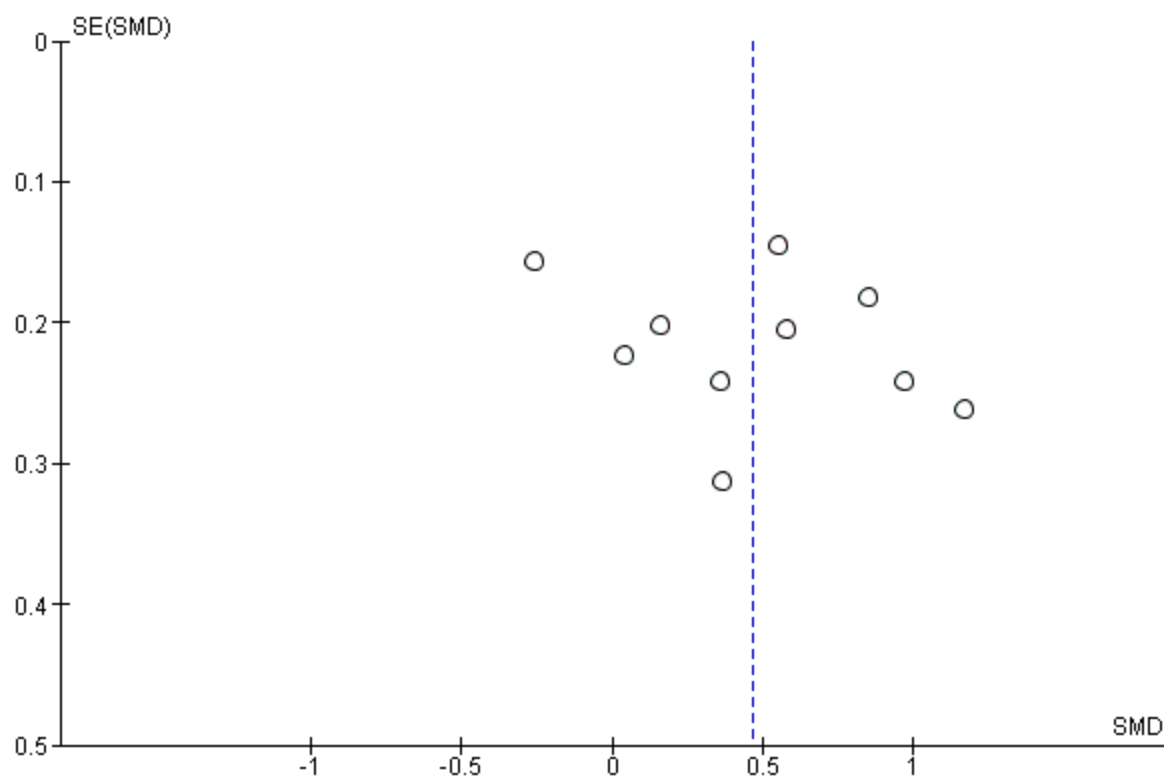
## Supplementary Material

Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall	
Suzuki G 2024	Early mobility	Usual care	NA	1	<div>+</div>	<div>+</div>	<div>!</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div> Low risk
Soto S 2024	Early mobility	Usual care	NA	1	<div>+</div>	<div>+</div>	<div>!</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>!</div> Some concerns
Zhang C 2024	Early Mobility	Usual care	NA	1	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>-</div> High risk
Lin Y 2023	Early Mobility	Usual care	NA	1	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	
de Paula Mas 2023	Early mobility	Usual care	NA	1	<div>!</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	D1 Randomisation process
Patel 2023	Early mobility	Usual care	NA	1	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	D2 Deviations from the intended interventions
Hodgson CI 2022	Early mobility	Usual care	NA	1	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	D3 Missing outcome data
Zhou 2022	Early Mobility	Usual care	NA	1	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	D4 Measurement of the outcome
ECMO Investigator	Early mobility	Usual care	NA	1	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	D5 Selection of the reported result
Schujmann 2020	Early mobility	Usual care	NA	1	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	
Hodgson 2016	Early mobility	Usual care	NA	1	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	
Schaller 2016	Early mobility	Usual care	NA	1	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	
Morris 2016	Early mobility	Usual care	NA	1	<div>+</div>	<div>!</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	
Kayambu 2015	Early mobility	Usual care	NA	1	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	
Brummel 2014	Early mobility	Usual care	NA	1	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	
Schweikert 2009	Early mobility	Usual care	NA	1	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	<div>+</div>	

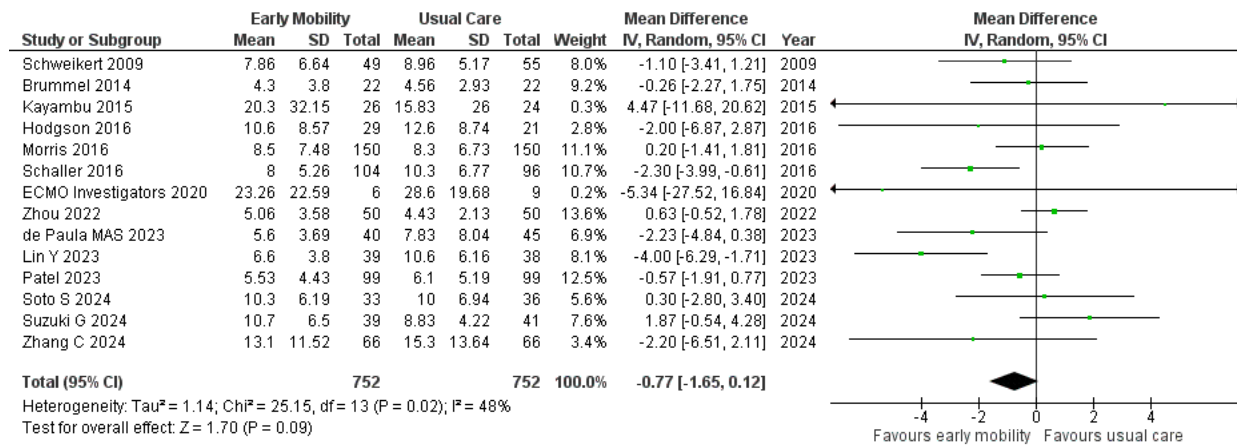
**Supplementary Figure 1. Quality assessment of included RCTs.**



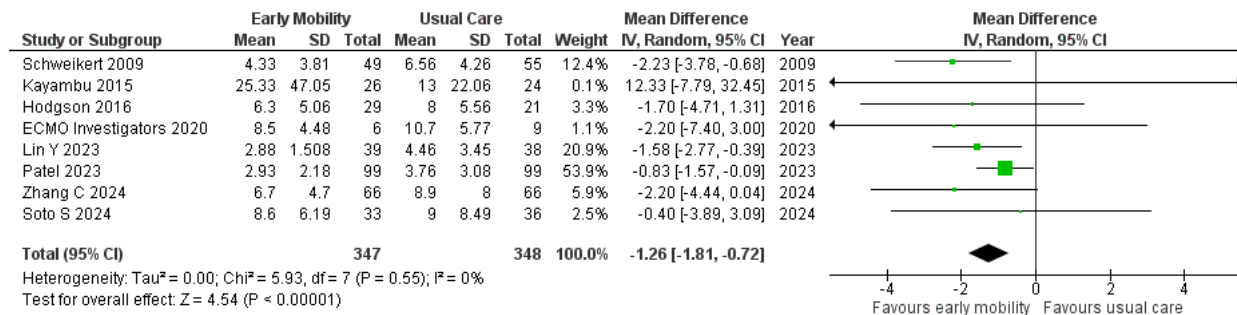
**Supplementary Figure 2. Funnel plot for the length of ICU stay.**



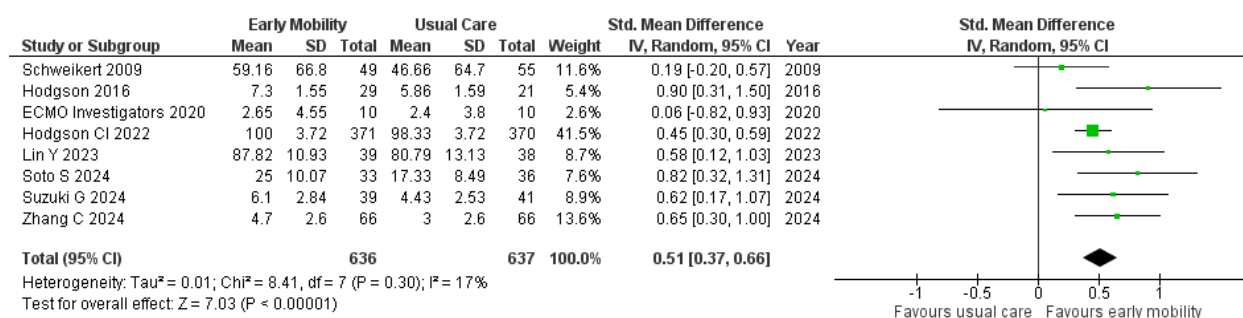
**Supplementary Figure 3. Funnel plot for muscle strength.**



**Supplementary Figure 4. Forest plot of sensitivity analysis by removing Schujmann 2020 for the outcome length of ICU stay.**



**Supplementary figure 5. Forest plot of sensitivity analysis after removing Zhou 2022 for the outcome ventilation duration.**



**Supplementary figure 6. Forest plot of sensitivity analysis by removing Schujmann 2020 for the outcome functional status.**

Database	Search Terms	Results (n)
PubMed	"early mobility"[All Fields] OR "early mobilization"[All Fields]) AND ("ICU"[All Fields] OR "CCU"[All Fields] OR "intensive care unit"[All Fields] OR "critical care unit"[All Fields])	780
Scopus	("early mobility") OR ("early mobilization") AND ("ICU" OR "CCU" OR "intensive care unit" OR "critical care unit")	1135
Cochrane Register of Controlled Trials	("early mobility") OR ("early mobilization") AND ("ICU" OR "CCU" OR "intensive care unit" OR "critical care unit")	86
Embase	("early mobility") OR ("early mobilization") AND ("ICU" OR "CCU" OR "intensive care unit" OR "critical care unit")	1486

**Supplementary Table 1. Detailed search strategy.**