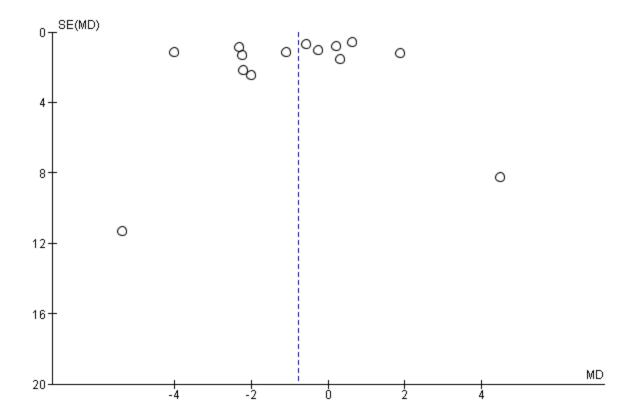
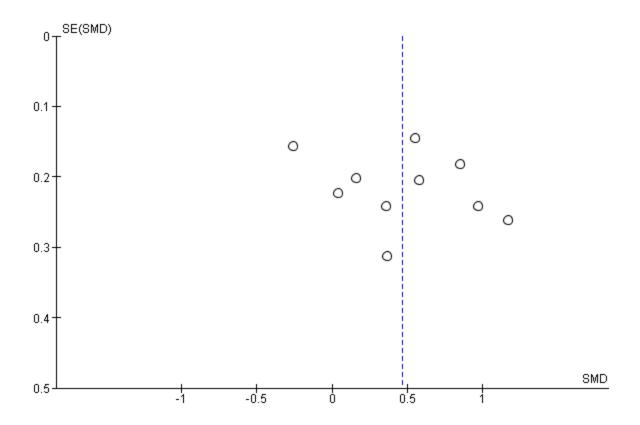
Supplementary Material

Study ID	<u>Experimental</u>	<u>Comparator</u>	Outcome	Weight	<u>D1</u>	<u>D2</u>	<u>D3</u>	<u>D4</u>	<u>D5</u>	<u>Overall</u>		
Suzuki G 2024	Early mobility	Usual care	NA	1	•	•	!	•	+	+	•	Low risk
Soto S 2024	Early mobility	Usual care	NA	1	•	+	!	•	+	+	1	Some concerns
Zhang C 2024	Early Mobility	Usual care	NA	1	•	+	+	•	+	+		High risk
Lin Y 2023	Early Mobility	Usual care	NA	1	+	+	+	+	+	+		
de Paula Mas 202	3 Early mobility	Usual care	NA	1	!	+	+	+	+	+	D1	Randomisation process
Patel 2023	Early mobility	Usual care	NA	1	+	+	+	•	+	+	D2	Deviations from the intended interventions
Hodgson Cl 2022	Early mobility	Usual care	NA	1	+	+	+	•	+	+	D3	Missing outcome data
Zhou 2022	Early Mobility	Usual care	NA	1	+	+	+	•	+	+	D4	Measurement of the outcome
ECMO Investigato	or: Early mobility	Usual care	NA	1	+	+	+	•	+	+	D5	Selection of the reported result
Schujmann 2020	Early mobility	Usual care	NA	1	+	+	+	•	+	+		
Hodgson 2016	Early mobility	Usual care	NA	1	•	+	+	•	+	+		
Schaller 2016	Early mobility	Usual care	NA	1	+	+	+	•	+	+		
Morris 2016	Early mobility	Usual care	NA	1	+	!	+	•	+	+		
Kayambu 2015	Early mobility	Usual care	NA	1	+	+	+	•	+	+		
Brummel 2014	Early mobility	Usual care	NA	1	•	•	+	•	+	+		
Schweikert 2009	Early mobility	Usual care	NA	1	+	+	+	•	+	+		
						_			_	_		

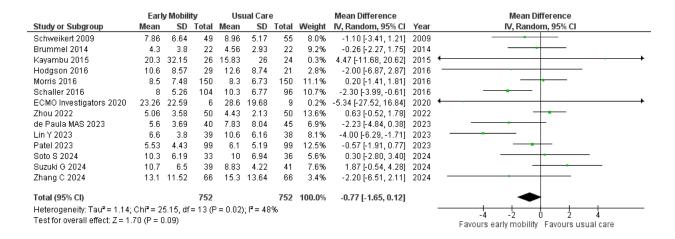
Supplementary Figure 1. Quality assessment of included RCTs.



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



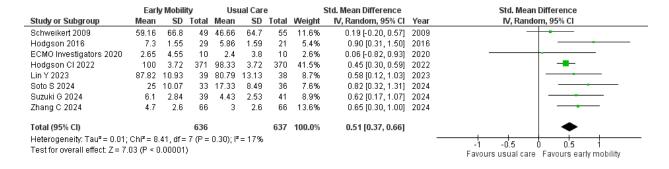
Supplementary Figure 3. Funnel plot for muscle strength.



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

Early Mobility			Usual Care				Mean Difference		Mean Difference			
Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	Year	IV, Random, 95% CI			
4.33	3.81	49	6.56	4.26	55	12.4%	-2.23 [-3.78, -0.68]	2009				
25.33	47.05	26	13	22.06	24	0.1%	12.33 [-7.79, 32.45]	2015	←			
6.3	5.06	29	8	5.56	21	3.3%	-1.70 [-4.71, 1.31]	2016				
8.5	4.48	6	10.7	5.77	9	1.1%	-2.20 [-7.40, 3.00]	2020				
2.88	1.508	39	4.46	3.45	38	20.9%	-1.58 [-2.77, -0.39]	2023				
2.93	2.18	99	3.76	3.08	99	53.9%	-0.83 [-1.57, -0.09]	2023				
6.7	4.7	66	8.9	8	66	5.9%	-2.20 [-4.44, 0.04]	2024	-			
8.6	6.19	33	9	8.49	36	2.5%	-0.40 [-3.89, 3.09]	2024				
		347			348	100.0%	-1.26 [-1.81, -0.72]		•			
			0.55); [²= 0%					-4 -2 0 2 4 Favours early mobility Favours usual care			
	Mean 4.33 25.33 6.3 8.5 2.88 2.93 6.7 8.6 Chi² = 5.	Mean SD 4.33 3.81 25.33 47.05 6.3 5.06 8.5 4.48 2.88 1.508 2.93 2.18 6.7 4.7 8.6 6.19	Mean SD Total 4.33 3.81 49 25.33 47.05 26 6.3 5.06 29 8.5 4.48 66 2.88 1.508 39 2.93 2.18 99 6.7 4.7 66 8.6 6.19 33	Mean SD Total Mean 4.33 3.81 49 6.56 25.33 47.05 26 13 6.3 5.06 29 8 8.5 4.48 6 10.7 2.88 1.508 39 4.46 2.93 2.18 99 3.76 6.7 4.7 66 8.9 8.6 6.19 33 9 347 Chië = 5.93, df = 7 (P = 0.55); P	Mean SD Total Mean SD 4.33 3.81 49 6.56 4.26 25.33 47.05 26 13 22.06 6.3 5.06 29 8 5.56 8.5 4.48 6 10.7 5.77 2.88 1.508 39 4.46 3.45 2.93 2.18 99 3.76 3.08 6.7 4.7 66 8.9 8 8.6 6.19 33 9 8.49 347 Chi#= 5.93, df= 7 (P = 0.55); l*= 0%	Mean SD Total Mean SD Total 4.33 3.81 49 6.56 4.26 55 25.33 47.05 26 13 22.06 24 6.3 5.06 29 8 5.56 21 8.5 4.48 6 10.7 5.77 9 2.88 1.508 39 4.46 3.45 38 2.93 2.18 99 3.76 3.08 99 6.7 4.7 66 8.9 8 66 8.6 6.19 33 9 8.49 36 347 ChiF=5.93, df=7 (P=0.55); F=0%	Mean SD Total Mean SD Total Weight 4.33 3.81 49 6.56 4.26 55 12.4% 25.33 47.05 26 13 22.06 24 0.1% 8.5 5.64 29 8 5.66 21 3.3% 8.5 4.48 6 10.7 5.77 9 1.1% 2.88 1.508 39 4.46 3.45 38 20.9% 2.93 2.18 99 3.76 3.08 99 53.9% 6.7 4.7 66 8.9 8 66 5.9% 8.6 6.19 33 9 8.49 36 2.5% 2.5 34 4.7 66 8.9 8 66 5.9% 8.6 6.19 33 9 8.49 36 2.5% 8.7 4.7 5.7 9 8.49 36 2.5% <	Mean SD Total Mean SD Total Weight V, Random, 95% CI 4.33 3.81 49 6.56 4.26 55 12.4% -2.23 [-3.78, -0.68] 25.33 47.05 26 13 22.06 24 0.1% 12.33 [-7.79, 32.45] 6.3 5.06 29 8 5.6 21 3.3% 1.1.70 [-4.71, 1.31] 1.31 1.35 1.1% -2.20 [-7.40, 3.00] 2.88 1.508 39 4.46 3.45 38 20.9% -1.58 [-2.77, -0.39] 2.93 2.18 99 3.76 3.08 99 53.9% -0.83 [-1.57, -0.09] 6.7 4.7 66 8.9 8 66 5.9% -2.20 [-4.44, 0.04] 3.6 2.5% -0.40 [-3.89, 3.09] 1.38 -0.40 [-3.89, 3.09] 1.57, -0.09] 4.7 6.6 8.9 8 66 5.9% -2.20 [-4.44, 0.04] 3.6 2.5% -0.40 [-3.89, 3.09] 1.57 -0.40 [-3.89, 3.09] -0.40 [-3.89, 3.09] -0.40 [-3.89, 3.09] -0.40 [-3.89, 3.09] -0.40 [-3.8	Mean SD Total Mean SD Total Weight V, Random, 95% CI Year 4.33 3.81 49 6.56 4.26 55 12.4% -2.23 [3.78, -0.68] 2009 25.33 47.05 26 13 22.06 24 0.1% 12.33 [7.79, 32.45] 2015 6.3 5.06 29 8 5.66 21 3.3% -1.70 [4.71, 1.31] 2016 8.5 4.48 6 10.7 5.77 9 1.1% -2.20 [7.40, 3.00] 2020 2.88 1.508 39 4.46 3.45 38 20.9% -1.58 [-2.77, -0.39] 2023 2.93 2.18 99 3.76 3.08 99 53.9% -0.83 [1.57, -0.09] 2023 6.7 4.7 66 8.9 8 66 5.9% -2.20 [4.44, 0.04] 2024 8.6 6.19 3.3 8 4.9 3.6 -0.40 [-3.89, 3.09] 2024 9.0<			

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.