



Supplementary Materials

Table S1. Table Contraindications S1.

<u>Check for contraindication:</u>
Cardiovascular
<ul style="list-style-type: none">• Heart rate > 100 bpm or Heart rate change of 20 beats from baseline• Hypotension, MAP < 65 or Hypertension, MAP > 110 mmHg• On inotropes support (noradrenaline > 0.05 mcg/kg/minute, vasopressin > 1.2 units/hour dopamine > 4 mcg/kg/minute or more than one inotrope)• Abnormal ECG (e.g., presence of unstable arrhythmias or myocardial infarction) in the last 24 hours• Intravenous Glyceryl Trinitrate/Labetalol
Respiratory system
<ul style="list-style-type: none">• SpO₂ < 92%• Pao₂/ Fio₂ ratio < 200• Respiratory Rate > 30 breaths per minute• PEEP > 10• FiO₂ > 50%
Laboratory investigations
<ul style="list-style-type: none">• Hemoglobin < 7• Platelets < 50• INR out of therapeutic range• Blood glucose < 4 mmol/L or > 20 mmol/L• Severe electrolyte derangements
Neurological contraindications
<ul style="list-style-type: none">• Unstable ICP and exceeds 15 mmHg in past 24 hours• EVD output > 100 ml in 24 hours; bloody EVD output; EVD lower than 10 cm H₂O above tragus of ear
Orthopaedic contraindications
<ul style="list-style-type: none">• Spinal fractures, patient on spinal nursing, lower limb fractures awaiting fixation
Vascular conditions
<ul style="list-style-type: none">• Untreated deep vein thrombosis / Pulmonary Embolism• Severe limb ischemia/• Active bleeding• Any untreated aneurysm• On intravenous Heparin
Surgical issues or medical procedures
<ul style="list-style-type: none">• Attachments that contraindicate mobilisation (e.g., femoral sheaths, IABP, Swan-Ganz catheter, temporary pacing wire)• Ordered Complete Rest In Bed due to medical issues/recent removal of invasive attachments• Open abdomen
Others
<ul style="list-style-type: none">• Body temperature > 39°C

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- RASS score less than -1 or more than 2
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MAP – Mean arterial pressure; PaO₂ – Partial pressure of oxygen; Fio₂ – Fraction of inspiratory oxygen concentration; PEEP – Positive end expiratory pressure; INR –International normalized ratio; ICP – intra cranial pressure; EVD – Extra ventricular drainage; RASS-Richmond agitation sedation score.