

Table SI: physiotherapy protocol in the ICU

Prescribed level	Niveau 0	Niveau 1	Niveau 2	Niveau 3	Niveau 4
Patient characteristics	Muscular blockers or contraindications*	RASS -4 RASS -3 and MRC<12	RASS -2 RASS -1 and MRC <36	RASS 0 and MRC <36	MRC >36
Mobilization	0	Passive mobilization 5 min X2/j	Passive cyclo-ergometer for minimum 5min twice a day Or sitting in the bed	Sitting in a chair for more than 20 min Or cyclo-ergometer with active work for more than 5 min	Sitting on edge of bed or get up or walk with help

*contraindications were temporary or definitive contraindications as recommended in the guidelines (Guidelines from SRLF in Reanimation 2013) : briefly, hemodynamics, neurological or respiratory instabilities or thrombosis or extensive wound or burn.