

Supplementary Table 2. Number of and content in physiotherapy treatments after chest trauma divided in if the trauma was blunt or penetrating. Mean (standard deviation) or n.

			Day 1			Day 2			Day 3		
			Penetrating n=148	Blunt n=171	p-value	Penetrating n=134	Blunt n=162	p-value	Penetrating n=110	Blunt n=149	p-value
Receiving	n (%)		135 (90.6)	131 (77.2)	<0.001	109 (81.3)	114 (70.3)	0.029	79 (71.8)	102 (68.5)	0.560
PT treatment	Sessions per day	1	2 (1.6)	25 (21.6)	<0.001	4 (4.1)	13 (11.7)	<0.001	4 (5.5)	17 (23.3)	<0.001
		2	121 (96.0)	88 (75.9)		92 (92.9)	93 (81.6)		69 (94.5)	52 (71.2)	
		3	3 (2.4)	3 (2.6)		3 (3.0)	5 (4.4)		0	4 (5.5)	
		Not reg	9	15		10	3		6	29	
Receiving no PT treatment	n (%)		13 (26.9)	40 (7.3)		25 (18.7)	48 (29.6)		31 (31.0)	47 (30.1)	
	<u>Reasons</u>										
	Admitted		3	4	0.119	0	3	0.04	0	0	0.175
	Surgery		5	4		0	8		1	6	
	X-ray		0	0		2	0		1	0	
	Unstable		0	7		1	4		0	1	
	Weekend		3	13		14	16		15	17	
	Compliant to care		0	3		8	11		7	7	
	Refused		0	1		0	0		1	0	
	No reason		2	8		0	6		6	16	
Specific breathing exercises											
Active Cycle of Breathing			63	17	<0.001	43	11	<0.001	29	6	<0.001

Technique									
Deep Breathing Exercises	79	38	<0.001	69	31	<0.001	50	18	<0.001
Cough	46	24	0.003	32	12	<0.001	12	8	0.107
Breath Stacking	3	4	0.679	3	2	0.661	1	0	0.429
Manual Chest Physiotherapy	3	0	0.247	2	0	0.204	0	2	0.508
Postural Drainage	1	0	0.322	0	0	n.a.	0	0	n.a.
Body positioning for V/Q matching	0	3	0.119	0	2	0.503	0	3	0.262
Suction	0	0	n.a.	0	0	n.a.	1	0	0.429
Manual Hyperinflation	0	0	n.a.	0	0	n.a.	0	0	n.a.
Ventilator Hyper Inflation	0	0	n.a.	0	0	n.a.	0	0	n.a.
Incentive Spirometry	2	9	0.033	4	9	0.395	2	7	0.307
Mechanical Insufflation-Exsufflation	0	0	n.a.	0	0	n.a.	0	0	n.a.
Positive Expiratory Pressure	81	79	0.980	64	84	0.567	47	71	0.271
IPPB	0	0	n.a.	0	0	n.a.	0	0	n.a.
Inspiratory Muscle Training	1	0	>0.999	0	0	n.a.	0	0	n.a.
Other interventions									
Shoulder ROM	33	13	<0.001	25	8	<0.001	13	8	0.069
Trunk ROM	3	5	0.329	5	4	0.736	2	3	>0.999
Strength exercises	1	8	0.018	0	3	0.255	0	1	>0.999
Exercises in bed	14	44	<0.001	6	34	<0.001	3	25	<0.001
Mobilisation at least to bedside	111	92	0.002	95	87	0.057	73	79	0.646

Mobilisation to walking		104	73	<0.001	91	82	0.002	67	73	0.094
Climbing stairs		20	4	<0.001	26	1	<0.001	6	2	0.068
Cycling		62	7	<0.001	60	10	<0.001	42	5	<0.001
Adverse events										
Any adverse event		6	28	<0.001	7	19	<0.001	6	22	0.014
Adverse event*	Saturation drop	1	0		1	0		1	0	
	Disconnected attachments	0	0		0	0		0	0	
	ICD malfunction	1	1		0	0		1	1	
	Falls	0	0		0	0		0	0	
	Dizziness	3	6		2	5		3	6	
	Severe pain	1	15		4	14		1	15	

PT: Physiotherapy, ROM: Range of motion, IPPB: Intermittent Positive Pressure Breathing, V/Q: Ventilation/Perfusion, *multiple adverse events possible.