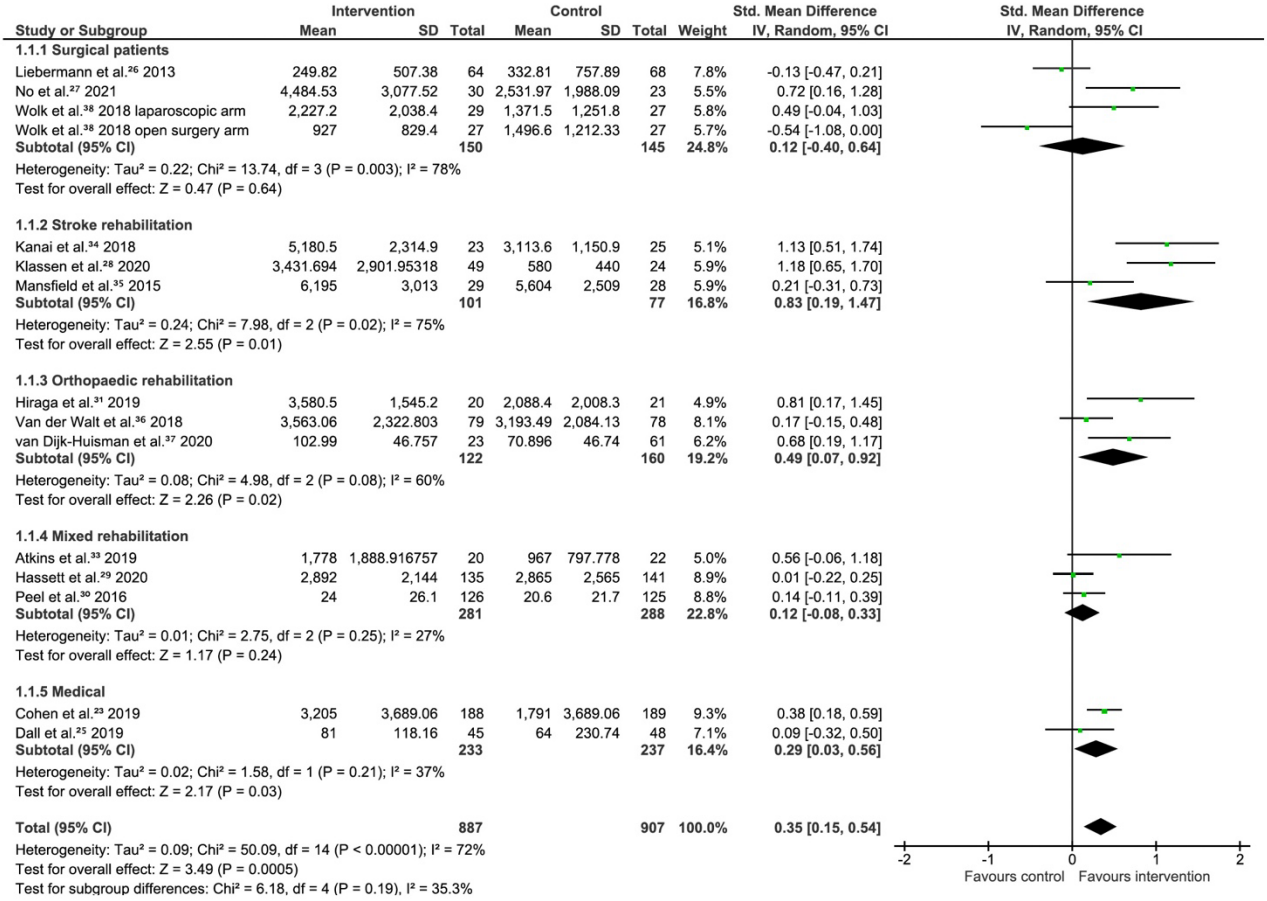
Supplemental Online Content

Szeto K, Singh B, Gower B, et al. Interventions using wearable activity trackers to improve patient physical activity and other outcomes in adults who are hospitalized: a systematic review and meta-analysis. *JAMA Netw Open*. 2023;6(6):e2318478. doi:10.1001/jamanetworkopen.2023.18478

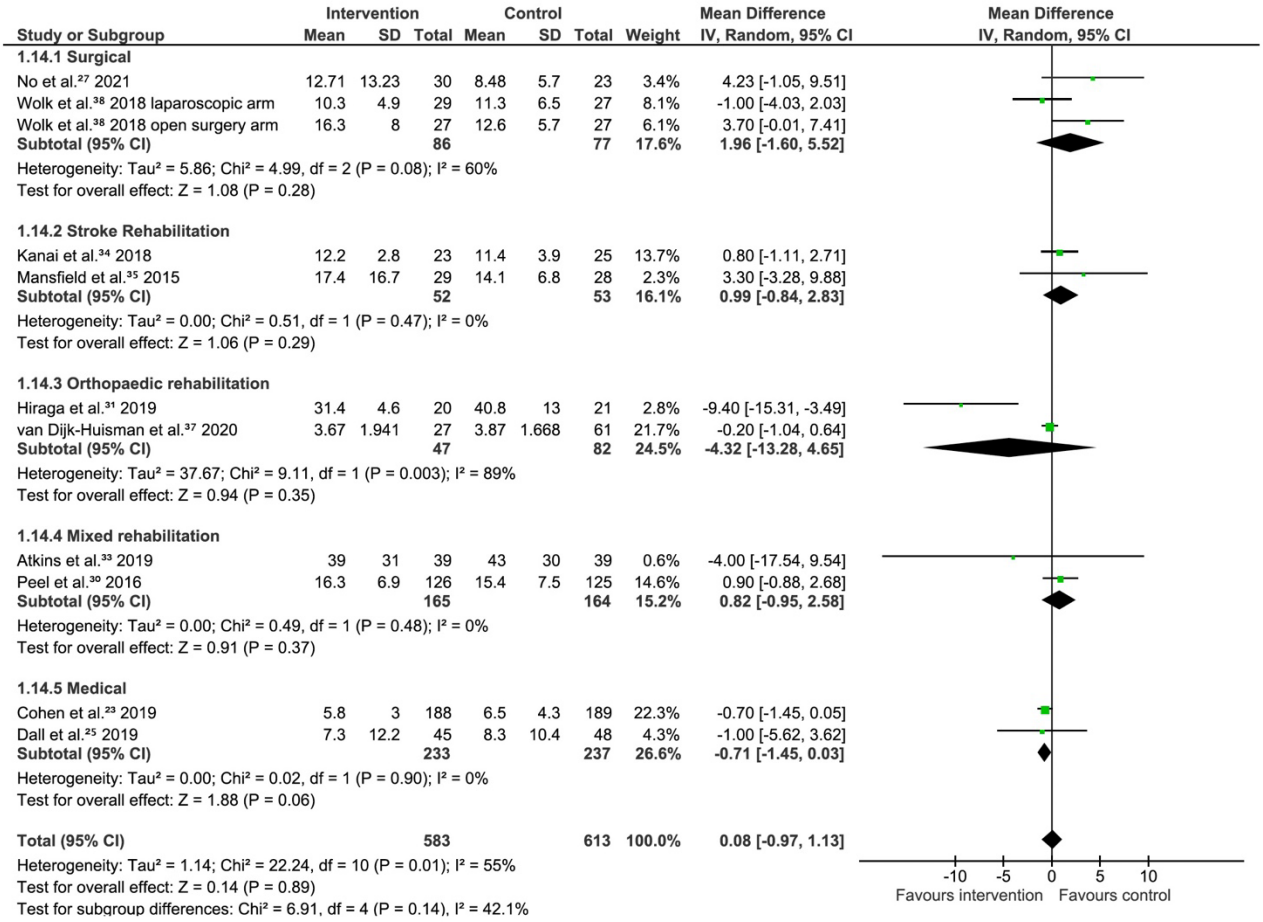
This supplemental material has been provided by the authors to give readers additional information about their work.

eFigure 1. Subgroup Meta-Analyses

eFigure 1.1. Subgroup analysis for WAT intervention association with overall physical activity



eFigure 1.2. Subgroup Analysis for WAT Intervention Association With Length of Stay

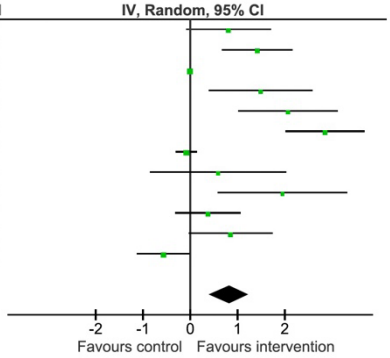


eFigure 2. Forest Plot Meta-Analyses for Different Physical Activity Outcomes

eFigure 2.1. Forest plot of WAT intervention association with daily steps (per 1000 steps/day)

Study or Subgroup	Intervention Mean	Intervention SD	Intervention Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
Atkins et al.[33] 2019	1.778	1.888917	20	0.967	0.797778	22	7.8%	0.81 [-0.08, 1.70]
Cohen et al.[23] 2019	3.205	3.68906	188	1.791	3.68906	189	8.8%	1.41 [0.67, 2.16]
Hassett et al.[29] 2020	0.202	0.122	135	0.204	0.124	124	12.4%	-0.00 [-0.03, 0.03]
Hiraga et al.[31] 2019	3.5805	1.5452	20	2.0884	2.0084	21	6.6%	1.49 [0.40, 2.59]
Kanai et al.[34] 2018	5.1805	2.3149	23	3.1136	1.1502	25	6.8%	2.07 [1.02, 3.11]
Klassen et al.[28] 2020	3.431694	2.901953	49	0.58	0.44	24	8.2%	2.85 [2.02, 3.68]
Liebermann et al.[26] 2013	0.24982	0.50738	61	0.33281	0.75789	68	12.0%	-0.08 [-0.30, 0.14]
Mansfield et al.[35] 2015	6.195	3.013	29	5.604	2.509	28	4.9%	0.59 [-0.85, 2.03]
No et al.[27] 2021	4.48453	3.07752	30	2.53197	1.98809	23	5.2%	1.95 [0.58, 3.32]
Van der Walt et al.[36] 2018	3.56306	2.322803	79	3.19349	2.08413	78	9.2%	0.37 [-0.32, 1.06]
Wolk et al.[38] 2018 laparoscopic arm	2.2272	2.0384	29	1.3715	1.2518	27	7.9%	0.86 [-0.02, 1.74]
Wolk et al.[38] 2018 open surgery arm	0.927	0.8294	27	1.4966	1.2123	27	10.1%	-0.57 [-1.12, -0.02]
Total (95% CI)			**690**			**656**	**100.0%**	**0.83 [0.42, 1.24]**

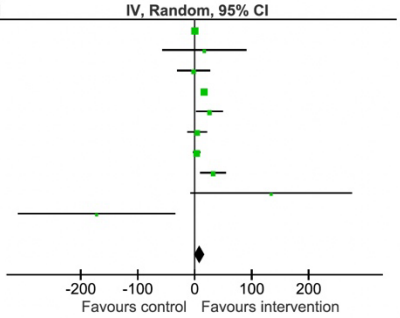
Heterogeneity: Tau² = 0.35; Chi² = 101.91, df = 11 (P < 0.00001); I² = 89%
Test for overall effect: Z = 3.96 (P < 0.0001)



eFigure 2.2. Forest plot of WAT intervention association with active time (mins/day)

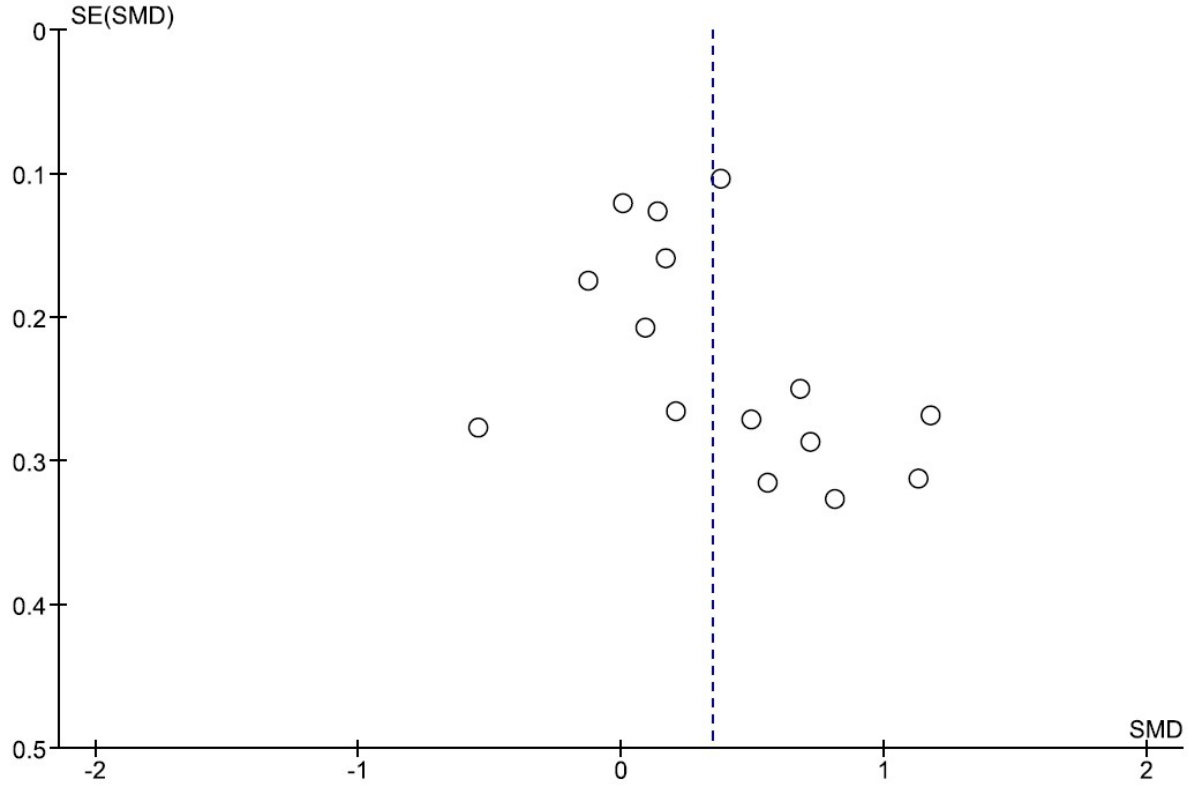
Study or Subgroup	Intervention Mean	Intervention SD	Intervention Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
Atkins et al.[33] 2019	2	1.7074465	20	2	1.79493	22	21.1%	0.00 [-1.06, 1.06]
Dall et al.[25] 2019	81	118.1627	45	64	230.74	48	1.4%	17.00 [-56.84, 90.84]
Hassett et al.[29] 2020	202	122	135	204	124	141	6.7%	-2.00 [-31.02, 27.02]
Hiraga et al.[31] 2019	29.023	9.1883	20	12.197	5.35	21	20.1%	16.83 [12.19, 21.46]
Kanai et al.[34] 2018	139.5	52	23	113.7	25.1	25	8.8%	25.80 [2.38, 49.22]
Mansfield et al.[35] 2015	75.9	34.7	29	71.5	29.7	28	12.3%	4.40 [-12.35, 21.15]
Peel et al.[30] 2016	24	26.1	126	20.6	21.7	125	19.4%	3.40 [-2.54, 9.34]
van Dijk-Huisman et al.[37] 2020	102.99	46.757	23	70.896	46.71	61	9.3%	32.09 [9.68, 54.51]
Wolk et al.[38] 2018 laparoscopic arm	482.6	286.4	29	348.3	253.6	27	0.4%	134.30 [-7.18, 275.78]
Wolk et al.[38] 2018 open surgery arm	290.3	186.8	27	462.4	315	27	0.4%	-172.10 [-310.24, -33.96]
Total (95% CI)			**477**			**525**	**100.0%**	**9.75 [0.65, 18.84]**

Heterogeneity: Tau² = 101.58; Chi² = 70.42, df = 9 (P < 0.00001); I² = 87%
Test for overall effect: Z = 2.10 (P = 0.04)

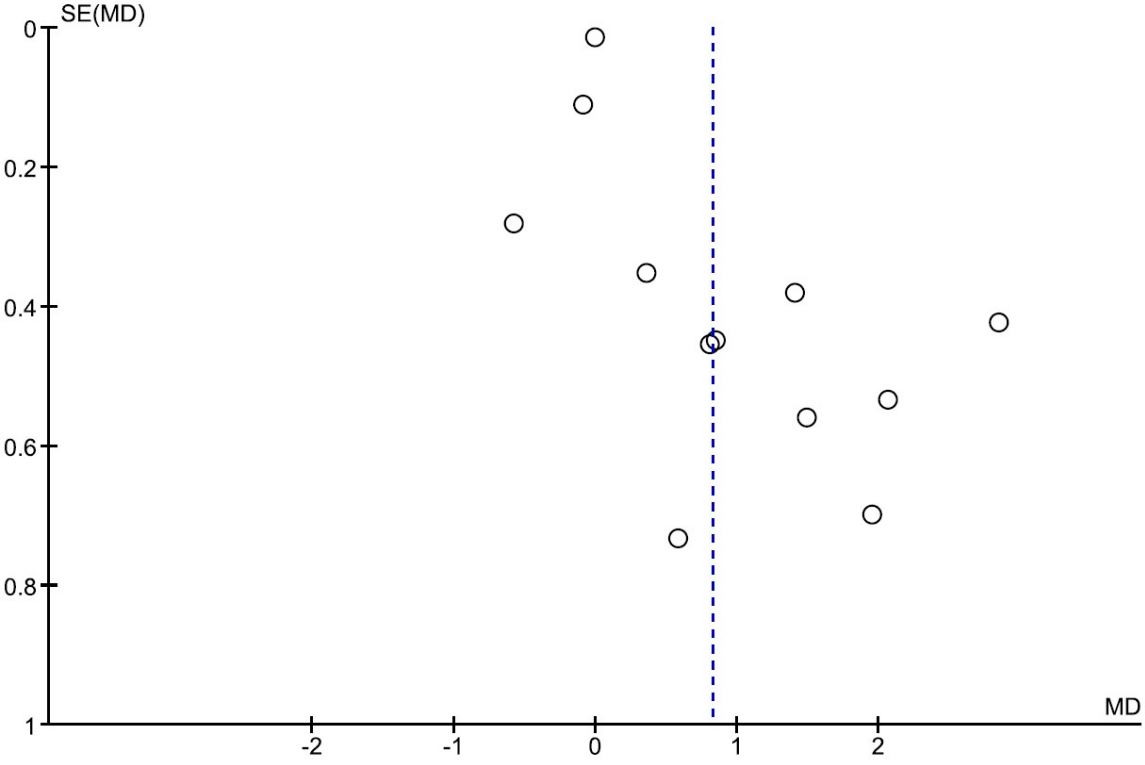


eFigure 3. Funnel Plot Analyses

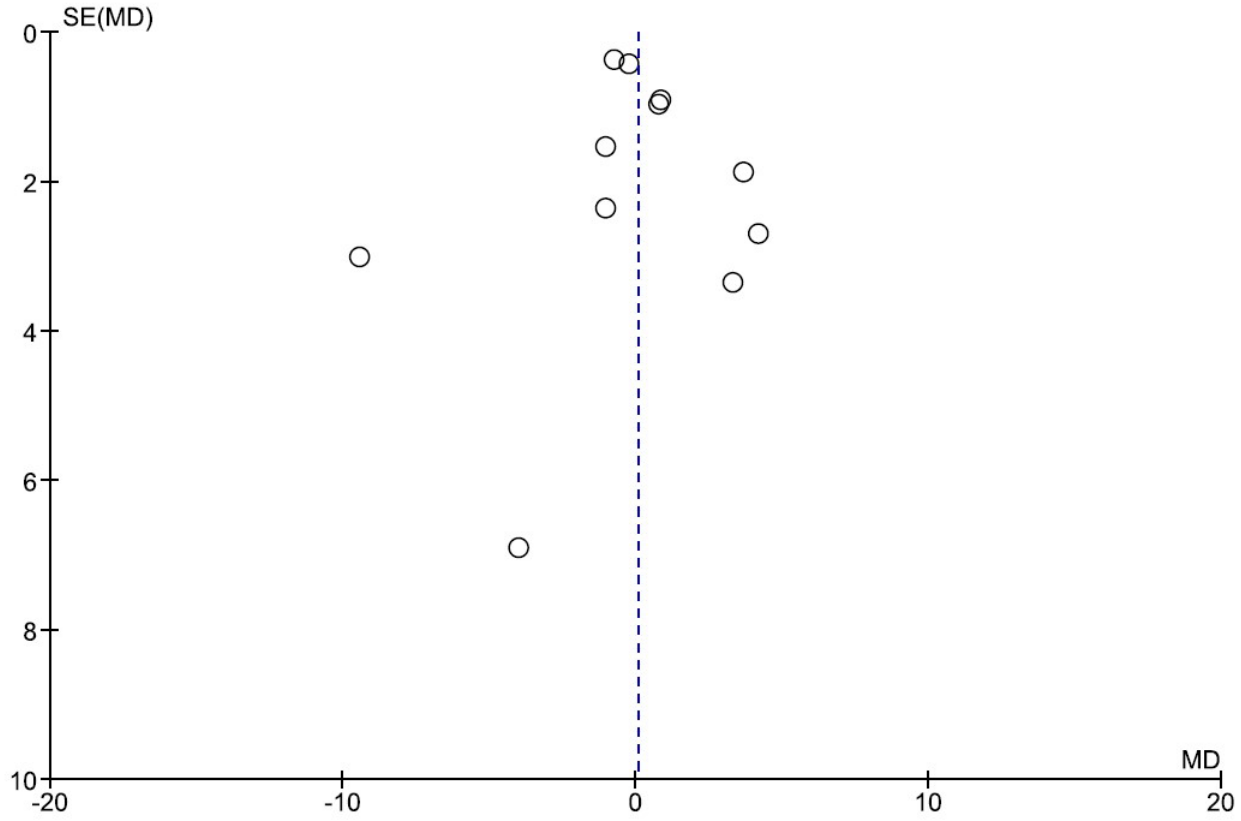
eFigure 3.1. Overall physical activity



eFigure 3.2 Daily step count



eFigure 3.3. Length of stay



eTable 1: Search Strategies

OVID MEDLINE
Search date: 16/03/2022
Number of results: 2416

#	Searches
1	patient*.mp.
2	(hospital* or (hospital adj3 home) or (home adj2 hospital)).mp.
3	exp Inpatients/
4	exp Patient Admission/
5	exp Hospitalization/
6	exp Hospital Medicine/
7	exp Home Care services/
8	1 or 2 or 3 or 4 or 5 or 6 or 7
9	((fit* or activity) adj1 (monitor* or track* or sens* or band*)).mp.
10	(step count* or stepcount* or ((smart or sport*) adj1 watch)).mp.
11	(acceleromet* or pedomet*).mp.
12	(Fitbit* or apple watch* or garmin* or jawbone* or polar* or activpal* or stepwatch or Samsung watch* or geneactiv* or sensewear* or actigraph* or oura* or whoop* or whitings* or xiaomi*).mp.
13	exp Fitness Trackers/
14	exp Accelerometry/
15	9 or 10 or 11 or 12 or 13 or 14
16	(trial* or intervention or RCT or nRCT or (randomi* adj2 trial) or ((nonrandomi* or non randomi*) adj2 trial) or ((quasirandomi* or quasi randomi*) adj2 trial) or pilot or feasibility).mp.
17	exp Randomized Controlled Trial/
18	16 or 17
19	(physical adj1 (activ* or mobil* or exercise)).mp.
20	(sedentary or inactiv* or (physical* adj1 (inactiv* or immobil*)) or sitting or bed rest or time in bed).mp.
21	(step* adj1 (count or daily)).mp.
22	exp Exercise/
23	19 or 20 or 21 or 22
24	8 and 15 and 18 and 23

EMBASE and EMCARE
Search date: 16/03/2022
Number of results EMBASE: 4948
Number of results EMCARE: 1444

#	Searches
1	patient*.mp.
2	(hospital* or (hospital adj3 home) or (home adj2 hospital)).mp.
3	exp hospital patient/
4	exp hospital admission/
5	exp Hospitalization/
6	hospital management/ or military hospital/ or hospital care/ or teaching hospital/ or geriatric hospital/ or general hospital/ or hospital service/ or community hospital/ or critical access hospital/ or private hospital/ or aged hospital patient/ or rural hospital/ or university hospital/ or urban hospital/ or hospital department/ or mental hospital/ or burn care hospital/ or non profit hospital/ or public hospital/ or field hospital/ or low volume hospital/
7	exp home care/
8	1 or 2 or 3 or 4 or 5 or 6 or 7
9	((fit* or activity) adj1 (monitor* or track* or sens* or band*)).mp.

10	(step count* or stepcount* or ((smart or sport*) adj1 watch)).mp.
11	(acceleromet* or pedomet*).mp.
12	(Fitbit* or apple watch* or garmin* or jawbone* or polar* or activpal* or stepwatch or Samsung watch* or geneactiv* or sensewear* or actigraph* or oura* or whoop* or whitings* or xiaomi*).mp.
13	exp smart watch/
14	exp activity tracker/
15	exp accelerometer/ or exp pedometer/
16	9 or 10 or 11 or 12 or 13 or 14 or 15
17	(trial* or intervention or RCT or nRCT or (randomi* adj2 trial) or ((nonrandomi* or non randomi*) adj2 trial) or ((quasirandomi* or quasi randomi*) adj2 trial) or pilot or feasibility).mp.
18	exp clinical trial/ or exp randomized controlled trial/
19	17 or 18
20	(physical adj1 (activ* or mobil* or exercise)).mp.
21	(sedentary or inactiv* or (physical* adj1 (inactiv* or immobil*)) or sitting or bed rest or time in bed).mp.
22	(step* adj1 (count or daily)).mp.
23	exp physical activity/ or "physical activity, capacity and performance"/
24	20 or 21 or 22 or 23
25	8 and 16 and 19 and 24

CINAHL
Search date: 16/03/2022
Number of results: 1134

#	**Searches**
1	(TI (inpatient* or "in patient"* or in-patient* or patient*)) OR (AB (inpatient* or "in patient"* or in-patient* or patient*))
2	(TI (hospital* or (hospital n3 home) or (home n2 hospital))) OR (AB (hospital* or (hospital n3 home) or (home n2 hospital)))
3	(MH "Inpatients")
4	(MH "Patient Admission")
5	(MH "Hospitalization")
6	(MH "Hospital Medicine")
7	(MH "Home Health Care")
8	S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7
9	(TI (fit* or activity) n1 (monitor* or track* or sens* or band*)) OR (AB (fit* or activity) n1 (monitor* or track* or sens* or band*))
10	(TI (step count* or stepcount* or ((smart or sport*) n1 watch))) OR (AB (step count* or stepcount* or ((smart or sport*) n1 watch)))
11	(TI (acceleromet* or pedomet*)) OR (AB (acceleromet* or pedomet*))
12	(TI (fitbit* or "apple watch" or garmin* or jawbone* or polar* or activpal* or stepwatch or samsung watch* or geneactiv* or sensewear* or actigraph* or oura* or whoop* or whitings* or xiaomi*)) OR (AB (fitbit* or "apple watch" or garmin* or jawbone* or polar* or activpal* or stepwatch or samsung watch* or geneactiv* or sensewear* or actigraph* or oura* or whoop* or whitings* or xiaomi*))
13	(MH "Wearable sensors")
14	(MH "Fitness trackers")
15	(MH "Accelerometers") OR (MH "Accelerometry") OR (MH "Pedometers")
16	S9 OR S10 OR S11 OR S12 OR S13 OR S14 OR S15
17	(TI (trial* or intervention or RCT or nRCT or (randomi* n2 trial) or ((nonrandomi* or "non randomi*" or non-randomi*) n2 trial) or ((quasirandomi* or "quasi randomi*" or quasi-randomi*) n2 trial) or pilot or feasibility)) OR (AB (trial* or intervention or RCT or nRCT or (randomi* n2 trial) or ((nonrandomi* or "non randomi*" or non-randomi*) n2 trial) or ((quasirandomi* or "quasi randomi*" or quasi-randomi*) n2 trial) or pilot or feasibility))
18	(MH "Experimental Studies+")
19	S17 OR S18

20	(TI (physical n1 (activ* or mobil* or exercise)) OR (AB (physical n1 (activ* or mobil* or exercise))
21	(TI (sedentary or inactiv* or (physical* n1 (inactiv* or immobil*)) or sitting or bed rest or time in bed) OR (AB (sedentary or inactiv* or (physical* n1 (inactiv* or immobil*)) or sitting or bed rest or time in bed)
22	(TI (step* n1 (count or daily))) OR (AB (step* n1 (count or daily)))
23	(MH "Physical Activity")
24	S20 OR S21 OR S22 OR S23
25	S8 AND S16 AND S19 AND S24

SportsDiscuss
Search date: 16/03/2022
Number of results: 277

#	Searches
1	(TI (inpatient* or "in patient"* or in-patient* or patient*)) OR (AB (inpatient* or "in patient"* or in-patient* or patient*)) OR (KW (inpatient* or "in patient"* or in-patient* or patient*))
2	(TI (hospital* or (hospital n3 home) or (home n2 hospital))) OR (AB (hospital* or (hospital n3 home) or (home n2 hospital))) OR (KW (hospital* or (hospital n3 home) or (home n2 hospital)))
3	(DE "PATIENTS")
4	(DE "PATIENT care")
5	(DE "HOSPITAL CARE")
6	(DE "MEDICAL CARE")
7	S1 OR S2 OR S3 OR S4 OR S5 OR S6
8	(TI (fit* or activity) n1 (monitor* or track* or sens* or band*)) OR (AB (fit* or activity) n1 (monitor* or track* or sens* or band*)) OR (KW (fit* or activity) n1 (monitor* or track* or sens* or band*))
9	(TI (step count* or stepcount* or ((smart or sport*) n1 watch))) OR (AB (step count* or stepcount* or ((smart or sport*) n1 watch))) OR (KW (step count* or stepcount* or ((smart or sport*) n1 watch)))
10	(TI (acceleromet* or pedomet*)) OR (AB (acceleromet* or pedomet*)) OR (KW (acceleromet* or pedomet*))
11	(TI (fitbit* or "apple watch" or garmin* or jawbone* or polar* or activpal* or stepwatch or samsung watch* or geneactiv* or sensewear* or actigraph* or oura* or whoop* or whitings* or xiaomi*)) OR (AB (fitbit* or "apple watch" or garmin* or jawbone* or polar* or activpal* or stepwatch or samsung watch* or geneactiv* or sensewear* or actigraph* or oura* or whoop* or whitings* or xiaomi*)) OR (KW (fitbit* or "apple watch" or garmin* or jawbone* or polar* or activpal* or stepwatch or samsung watch* or geneactiv* or sensewear* or actigraph* or oura* or whoop* or whitings* or xiaomi*))
12	(DE "ACCELEROMETERS")
13	(DE "PEDOMETERS")
14	S8 OR S9 OR S10 OR S11 OR S12 OR S13
15	(TI (trial* or intervention or RCT or nRCT or (randomi* n2 trial) or ((nonrandomi* or "non randomi*" or non-randomi*) n2 trial) or ((quasirandomi* or "quasi randomi*" or quasi-randomi*) n2 trial) or pilot or feasibility)) OR (AB (trial* or intervention or RCT or nRCT or (randomi* n2 trial) or ((nonrandomi* or "non randomi*" or non-randomi*) n2 trial) or ((quasirandomi* or "quasi randomi*" or quasi-randomi*) n2 trial) or pilot or feasibility)) OR (KW (trial* or intervention or RCT or nRCT or (randomi* n2 trial) or ((nonrandomi* or "non randomi*" or non-randomi*) n2 trial) or ((quasirandomi* or "quasi randomi*" or quasi-randomi*) n2 trial) or pilot or feasibility))
16	S15
17	(TI (physical n1 (activ* or mobil* or exercise)) OR (AB (physical n1 (activ* or mobil* or exercise)) OR (KW (physical n1 (activ* or mobil* or exercise))
18	(TI (sedentary or inactiv* or (physical* n1 (inactiv* or immobil*)) or sitting or bed rest or time in bed) OR (AB (sedentary or inactiv* or (physical* n1 (inactiv* or immobil*)) or sitting or bed rest or time in bed) OR (KW (sedentary or inactiv* or (physical* n1 (inactiv* or immobil*)) or sitting or bed rest or time in bed)

19	(TI (step* n1 (count or daily))) OR (AB (step* n1 (count or daily))) OR (KW (step* n1 (count or daily)))
20	(DE ("PHYSICAL activity" OR "PHYSICAL activity measurement"))
21	S17 OR S18 OR S19 OR S20
22	S7 AND S14 AND S16 AND S21

Scopus
Search date: 16/03/2022
Number of results: 12567

#	Searches
1	TITLE-ABS-KEY (patient*) or (hospital* or (hospital w/2 home) or (home w/2 hospital))
2	TITLE-ABS-KEY ((fit* or activity) w/2 (monitor* or track* or sens* or band*)) or (step count* or stepcount* or ((smart or sport*) w/1 watch)) or (acceleromet* or pedomet*) or (Fitbit* or apple watch* or garmin* or jawbone* or polar* or activpal* or stepwatch or Samsung watch* or geneactiv* or sensewear* or actigraph* or oura* or whoop* or whitings* or xiaomi*)
3	TITLE-ABS-KEY (trial* or intervention or RCT or nRCT or (randomi* w/2 trial) or ((nonrandomi* or "non randomi"*) w/2 trial) or ((quasirandomi* or "quasi randomi"*) w/2 trial) or pilot or feasibility)
4	TITLE-ABS-KEY (physical w/2 (activ* or mobil* or exercise)) or (sedentary or inactiv* or (physical* w/1 (inactiv* or immobil*)) or sitting or "bed rest" or "time in bed") or (step* w/1 (count or daily))
5	#1 AND #2 AND #3 AND #4

PEDRO
Search date: 16/03/2022
Number of results: 148

Search 1	
Abstract & Title	Inpatient physical activity
Method	Clinical trial
When searching	Match all search terms (AND)
Search 2	
Abstract & Title	Hospital at home physical activity
Method	Clinical trial
When searching	Match all search terms (AND)

eTable 2. Risk of Bias

eTable 2.1. *Critical appraisal of randomized clinical trials included in the systematic review*

	JBI critical appraisal checklist for randomized controlled trials									
	1. Was true randomization used for assignment of participants to treatment groups?	**2. Was allocation to treatment groups concealed?**	**3. Were treatment groups similar at the baseline?**	**4. Were participants blind to treatment assignment?**	**5. Were those delivering treatment blind to treatment assignment?**	**6. Were outcomes assessors blind to treatment assignment?**	**7. Were treatment groups treated identically other than the intervention of interest?**	**8. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?**	**9. Were participants analyzed in the groups to which they were randomized?**	**10. Were outcomes measured in the same way for treatment**
Atkins et al.[1] 2019	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes
Dall et al.[2] 2019	No	No	Yes	No	No	Unclear	Unclear	Yes	No	Yes
Hassett et al.[3] 2020	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes
Kanai et al.[4] 2018	Yes	Yes	Yes	Unclear	No	No	Yes	No	No	Yes
Klassen et al.[5] 2020	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes
Lieberma nn et al.[6] 2013	Yes	Yes	Yes	Unclear	No	Unclear	Yes	Yes	No	Yes
Mansfield et al.[7] 2015	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Unclear	Yes
No et al.[8] 2021	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes
Peel et al.[9] 2016	Yes	Yes	Yes	No	No	Yes	Unclear	No	Unclear	Yes
Van der Walt et al.[10] 2018	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes

Wolk et al.[11] 2019	Yes	Yes	Yes	No	No	Unclear	Yes	No	Unclear	Yes

eTable 2.2. *Critical appraisal of non-randomized clinical trials included in the systematic review*

	JBI critical appraisal checklist for quasi-experimental trials						
	1. Is it clear in the study what is the ' cause' and what is the ' effect' ?	**2. Were the participants included in any comparisons similar?**	**3. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?**	**4. Was there a control group?**	**5. Were there multiple measurements of the outcome both pre and post the intervention?**	**6. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?**	**7. Were the outcomes of participants included in any comparisons measured in the same way?**
Cohen et al.[12] 2019	Yes	No	Unclear	Yes	Yes	Yes	Unclear
Conijn et al.[13] 2020	Yes	No	Yes	Yes	No	Yes	Yes
Hiraga et al.[14] 2019	Yes	Yes	Yes	Yes	Yes	No	Yes
van Dijk-Huisman et al.[15] 2020	Yes	No	Yes	Yes	No	Yes	Yes

eTable 3. Leave-1-Out Sensitivity Analyses

Study removed	**Result**
Overall physical activity	
Atkins et al. [1] 2019	(SMD=0.33; 95% CI, 0.13 to 0.54; p=0.001; I^2=74%)
Cohen et al.[12] 2019	(SMD=0.35; 95% CI, 0.13 to 0.57; p=0.002; I^2=73%)
Dall et al.[2] 2019	(SMD=0.37; 95% CI, 0.16 to 0.57; p=0.0005; I^2=74%)
Hassett et al.[3] 2020	(SMD=0.38; 95% CI, 0.17 to 0.59; p=0.0003; I^2=71%)
Hiraga et al.[14] 2019	(SMD=0.32; 95% CI, 0.12 to 0.52; p=0.001; I^2=72%)
Kanai et al.[4] 2018	(SMD=0.30; 95% CI, 0.11 to 0.49; p=0.002; I^2=69%)
Klassen et al.[5] 2020	(SMD=0.28; 95% CI, 0.11 to 0.46; p=0.002; I^2=66%)
Liebermann et al.[6] 2013	(SMD=0.38; 95% CI, 0.18 to 0.58; p=0.0002; I^2=71%)
Mansfield et al.[7] 2015	(SMD=0.36; 95% CI, 0.15 to 0.56; p=0.0006; I^2=74%)

No et al.[8] 2021	(SMD=0.32; 95% CI, 0.12 to 0.52; p=0.001; I^2=73%)
Peel et al.[9] 2016	(SMD=0.37; 95% CI, 0.15 to 0.58; p=0.0007; I^2=73%)
Van der Walt et al.[10] 2018	(SMD=0.36; 95% CI, 0.15 to 0.58; p=0.0007; I^2=74%)
Van Dijk-Huisman et al.[15] 2020	(SMD=0.32; 95% CI, 0.12 to 0.52; p=0.0012 I^2=72%)
Wolk open surgery et al.[11] 2019	(SMD=0.39; 95% CI, 0.20 to 0.58; p<0.0001; I^2=69%)
Wolk laparoscopic et al.[11] 2019	(SMD=0.34; 95% CI, 0.13 to 0.54; p=0.001; I^2=74%)
Daily step count	
Atkins et al.[1] 2019	(MD=829.02; 95% CI, 400.83 to 1257.22; p=0.0001; I^2=90%)
Cohen et al.[12] 2019	(MD=756.56; 95% CI, 342.79 to 1170.33; p=0.0003; I^2=89%)
Hassett et al.[3] 2020	(MD=1015.07; 95% CI, 372.09 to 1658.05; p=0.002, I^2=89%)
Hiraga et al.[14] 2019	(MD=773.89; 95% CI, 357.45 to 1190.33; p=0.0003; I^2=89%)
Kanai et al.[4] 2018	(MD=719.19; 95% CI, 316.01 to 1122.37; p=0.0005; I^2=89%)
Klassen et al.[5] 2020	(MD=563.48; 95% CI, 218.31 to 908.65; p=0.001; I^2=82%)
Liebermann et al.[6] 2013	(MD=1016.49; 95% CI, 404.89 to 1628.1; p=0.001; I^2=90%)
Mansfield et al.[7] 2015	(MD=840.49; 95% CI, 418.11 to 1262.87; p<0.0001; I^2=90%)
No et al.[8] 2021	(MD=757.76; 95% CI, 346.94 to 1168.58; p=0.0003; I^2=89%)
Van der Walt et al.[10] 2018	(MD=879.97; 95% CI, 440.97 to 1318.97; p<0.0003; I^2=90%)
Wolk open surgery et al.[11] 2019	(MD=990.28; 95% CI, 548.92 to 1431.64; p<0.0003; I^2=90%)
Wolk laparoscopic et al.[11] 2019	(MD=824.69; 95% CI, 396.94 to 1252.44; p=0.0002; I^2=90%)
Active time (mins/day)	
Atkins et al.[1] 2019	(MD=12.39; 95% CI, 1.91 to 22.86; p=0.02; I^2=71%)
Dall et al.[2] 2019	(MD=9.66; 95% CI, 0.45 to 18.87; p=0.04; I^2=89%)
Hassett et al.[3] 2020	(MD=10.63; 95% CI, 1.11 to 20.16; p=0.03; I^2=89%)
Hiraga et al.[14] 2019	(MD=6.85; 95% CI, -1.43 to 15.14; p=0.11; I^2=66%)
Kanai et al.[4] 2018	(MD=8.18; 95% CI, -1.22 to 17.58; p=0.09; I^2=88%)
Mansfield et al.[7] 2015	(MD=10.57; 95% CI, 0.64 to 20.49; p=0.04; I^2=89%)
Peel et al.[9] 2016	(MD=11.58; 95% CI, -0.15 to 23.31.16; p=0.05; I^2=89%)
Van Dijk-Huisman et al.[15] 2020	(MD=7.44; 95% CI, -1.79 to 16.67; p=0.11; I^2=87%)
Wolk open surgery et al.[11] 2019	(MD=10.39; 95% CI, 1.57 to 19.22; p=0.02; I^2=88%)
Wolk laparoscopic et al.[11] 2019	(MD=9.22; 95% CI, 0.24 to 18.19; p=0.04; I^2=88%)
Sedentary behavior (mins/day)	
Conijn et al.[13] 2020	(MD= -17.00; 95% CI, -90.84 to 56.84; p=0.65; I^2=N/A%)
Dall et al. [2] 2019	(MD= -37.25; 95% CI, -60.27 to -14.23; p=0.002; I^2=N/A%)
Objective measures of physical function	
Atkins et al.[1] 2019	(SMD=0.33; 95% CI, 0.13 to 0.53; p=0.001; I^2=0%)
Hassett et al.[3] 2020	(SMD=0.30; 95% CI, 0.01 to 0.58; p=0.04; I^2=0%)
Klassen et al.[5] 2020	(SMD=0.28; 95% CI, 0.08 to 0.47; p=0.005; I^2=0%)
Mansfield et al.[7] 2015	(SMD=0.27; 95% CI, 0.08 to 0.46; p=0.006; I^2=0%)
Mental Health	
Hassett et al.[3] 2020	(SMD= -0.44; 95% CI, -0.91 to 0.02; p=0.06; I^2=20%)
Hiraga (A) et al.[14] 2019	(SMD= -0.01; 95% CI, -0.34 to 0.31; p=0.94; I^2=35%)
Hiraga (B) et al.[14] 2019	(SMD= -0.23; 95% CI, -0.80 to 0.33; p=0.42; I^2=75%)
Klassen et al.[5] 2020	(SMD= -0.33; 95% CI, -1.09 to 0.43; p=0.40; I^2=73%)

Pain	
Hassett et al.[3] 2020	(SMD= -1.76; 95% CI, -6.34 to 2.81; p=0.45; I^2=98%)
Hiraga et al.[14] 2019	(SMD=0.19; 95% CI, -0.39 to 0.77; p=0.53; I^2=74%)
No et al.[8] 2021	(SMD= -2.05; 95% CI, -6.04 to 1.93; p=0.31; I^2=98%)
Length of stay (days)	
Atkins et al.[1] 2019	(MD=0.11; 95% CI, -0.97 to 1.18; p=0.85; I^2=59%)
Cohen et al.[12] 2019	(MD=0.29; 95% CI, -1.10 to 1.69; p=0.68; I^2=54%)
Dall et al.[2] 2019	(MD=0.13; 95% CI, -0.97 to 1.24; p=0.81; I^2=59%)
Hiraga et al.[14] 2019	(MD=0.13; 95% CI, -0.65 to 0.91; p=0.75; I^2=31%)
Kanai et al.[4] 2018	(MD= -0.03; 95% CI, -1.20 to 1.14; p=0.96; I^2=57%)
Mansfield et al.[7] 2015	(MD=0.00; 95% CI, -1.06 to 1.06; p=1.00; I^2=57%)
No et al.[8] 2021	(MD= -0.07; 95% CI, -1.09 to 0.95; p=0.89; I^2=54%)
Peel et al.[9] 2016	(MD= -0.06; 95% CI, -1.23 to 1.11; p=0.92; I^2=56%)
Van Dijk-Huisman et al.[15] 2020	(MD=0.17; 95% CI, -1.29 to 1.64; p=0.82; I^2=60%)
Wolk open surgery et al.[11] 2019	(MD= -0.16; 95% CI, -1.15 to 0.83; p=0.76; I^2=49%)
Wolk laparoscopic et al.[11] 2019	(MD=0.18; 95% CI, -0.95 to 1.32; p=0.75; I^2=59%)
Risk of readmission	
Dall et al.[2] 2019	(RR=0.74; 95% CI, 0.32 to 1.72; p=0.49; I^2=0%)
Peel et al.[9] 2016	(RR=1.31; 95% CI, 0.80 to 2.12; p=0.28; I^2=0%)
Van der Walt et al.[10] 2018	(RR=1.09; 95% CI, 0.62 to 1.91; p=0.77; I^2=31%)

eTable 4. Reason for Exclusion of Studies Screened at Full Text

Author and year	Reason for exclusion
Agarwal et al.[16] 2016	Unsuitable study design
Ambrosio et al.[17] 2017	Unsuitable intervention
Amini et al.[18] 2021	Unsuitable intervention
Arbane et al.[19] 2014	Unsuitable intervention
Arunachalam et al.[20] 2019	Unsuitable publication type (conference abstract, thesis)
Aruncahalam et al.[21] 2018	Unsuitable publication type (conference abstract, thesis)
Ashizawa et al.[22] 2022	Unsuitable comparator/control
Ashizawa et al.[23] 2021	Unsuitable intervention
Aufwerber et al.[24] 2020	Unsuitable intervention
Aunger et al.[25] 2020	Unsuitable population (inc. setting)
Awad et al.[26] 2012	Unsuitable publication type (conference abstract, thesis)
Bade et al.[27] 2018	Unsuitable population (inc. setting)
Baker et al.[28] 2020	Unsuitable publication type (conference abstract, thesis)
Balcells Vilarnau et al.[29] 2007	Unsuitable publication type (conference abstract, thesis)
Barkley et al.[30] 2019	Unsuitable study design
Barrett et al.[31] 2021	Unsuitable population (inc. setting)
Baumann et al.[32] 2011	Unsuitable intervention
Brandes et al.[33] 2018	Outcomes of interest not available
Brauer et al.[34] 2022	Unsuitable intervention
Brouns et al.[35] 2021	Outcomes of interest not available
Campo et al.[36] 2019	Unsuitable publication type (conference abstract, thesis)
Cassidy et al.[37] 2014	Unsuitable publication type (conference abstract, thesis)
Cassidy et al.[38] 2014	Unsuitable publication type (conference abstract, thesis)
Celik Ince et al.[39] 2021	Unsuitable population (inc. setting)
Chang et al.[40] 2014	Unsuitable intervention
Cheville et al.[41] 2019	Unsuitable population (inc. setting)
Chin et al.[42] 2022	Unsuitable publication type (conference abstract, thesis)
Connell et al.[43] 2018	Unsuitable publication type (conference abstract, thesis)
Cook et al.[44] 2013	Unsuitable study design
Cowie et al.[45] 2011	Unsuitable population (inc. setting)
Creel et al.[46] 2016	Unsuitable population (inc. setting)
Cuevas-Lara et al.[47] 2020	Unsuitable publication type (conference abstract, thesis)
Cuevas-Lara et al.[48] 2022	Unsuitable intervention
Da-Silva et al.[49] 2019	Unsuitable intervention
Darabseh et al.[50] 2021	Unsuitable publication type (conference abstract, thesis)
de Blok et al.[51] 2006	Unsuitable population (inc. setting)
De La Torre Costa et al.[52] 2021	Unsuitable publication type (conference abstract, thesis)
Deenik et al.[53] 2019	Unsuitable population (inc. setting)
Deenik et al.[54] 2017	Unsuitable publication type (conference abstract, thesis)
Deenik et al.[55] 2017	Unsuitable publication type (conference abstract, thesis)
Dehghani et al.[56] 2021	Unsuitable population (inc. setting)
Dorsch et al.[57] 2015	Unsuitable comparator/control
Dorsch et al.[58] 2013	Unsuitable publication type (conference abstract, thesis)
Dorsch et al.[59] 2014	Unsuitable publication type (conference abstract, thesis)
Edgren et al.[60] 2015	Unsuitable population (inc. setting)
Feldman et al.[61] 2014	Unsuitable publication type (conference abstract, thesis)
Fiore et al.[62] 2017	Unsuitable intervention
Fleiner et al.[63] 2015	Unsuitable study design
Floegel et al.[64] 2019	Unsuitable study design
Frawley et al.[65] 2020	Unsuitable population (inc. setting)
Freene et al.[66] 2020	Unsuitable study design
Fu et al.[67] 2019	Unsuitable publication type (conference abstract, thesis)
Gabrys et al.[68] 2017	Unsuitable comparator/control
Ganer Herman et al.[69] 2020	Unsuitable comparator/control

Garding et al.[70] 1988	Unsuitable population (inc. setting)
Geidl et al.[71] 2021	Outcomes of interest not available
Geidl et al.[72] 2017	Unsuitable publication type (conference abstract, thesis)
Graham et al.[73] 2016	Unsuitable publication type (conference abstract, thesis)
Grant et al.[74] 2018	Unsuitable publication type (conference abstract, thesis)
Hacker et al.[75] 2020	Unsuitable publication type (conference abstract, thesis)
Hakala et al.[76] 2021	Unsuitable population (inc. setting)
Hamilton et al.[77] 2019	Unsuitable intervention
Hassett et al.[78] 2019	Unsuitable publication type (conference abstract, thesis)
Henriksen et al.[79] 2002	Unsuitable intervention
Herman et al.[80] 2020	Unsuitable publication type (conference abstract, thesis)
Heron et al.[81] 2019	Unsuitable publication type (conference abstract, thesis)
Hiraga et al.[82] 2022	Outcomes of interest not available
Hiraga et al.[83] 2021	Unsuitable intervention
Hornby et al.[84] 2015	Unsuitable study design
Hornikx et al.[85] 2015	Unsuitable population (inc. setting)
Hornikx et al.[86] 2014	Unsuitable publication type (conference abstract, thesis)
Houle et al.[87] 2009	Unsuitable publication type (conference abstract, thesis)
Houle et al.[88] 2011	Unsuitable population (inc. setting)
Houle et al.[89] 2012	Unsuitable population (inc. setting)
Hubbard et al.[90] 2016	Unsuitable population (inc. setting)
Hunka et al.[91] 2011	Unsuitable publication type (conference abstract, thesis)
Hunter et al.[92] 2020	Unsuitable publication type (conference abstract, thesis)
Ifikhar et al.[93] 2022	Unsuitable publication type (conference abstract, thesis)
Izawa et al.[94] 2012	Unsuitable comparator/control
Jacot et al.[95] 2020	Unsuitable population (inc. setting)
Jarden et al.[96] 2016	Unsuitable population (inc. setting)
Jarosch et al.[97] 2020	Unsuitable intervention
Jimenez-Loaisa et al.[98] 2020	Unsuitable population (inc. setting)
Jovic et al.[99] 2017	Unsuitable publication type (conference abstract, thesis)
Kaasa et al.[100] 2015	Unsuitable publication type (conference abstract, thesis)
Kanai et al.[101] 2017	Unsuitable study design
Katogi[102] 2020	Unsuitable intervention
Kelly et al.[103] 2021	Unsuitable study design
Kern et al.[104] 2020	Unsuitable study design
Kerr et al.[105] 2017	Unsuitable study design
Khorvash et al.[106] 2020	Unsuitable population (inc. setting)
Kim et al.[107] 2014	Outcomes of interest not available
Klassen et al.[108] 2015	Unsuitable publication type (conference abstract, thesis)
Konecny et al.[109] 2021	Unsuitable publication type (conference abstract, thesis)
Ku et al.[110] 2020	Unsuitable publication type (conference abstract, thesis)
Kurebayashi et al.[111] 2021	Unsuitable intervention
Lawrie et al.[112] 2018	Outcomes of interest not available
Lee et al.[113] 2019	Unsuitable population (inc. setting)
Li et al.[114] 2020	Unsuitable intervention
Lim et al.[115] 2020	Unsuitable intervention
Lim et al.[116] 2018	Unsuitable publication type (conference abstract, thesis)
Loevezijn et al.[117] 2014	Unsuitable publication type (conference abstract, thesis)
Lorenz et al.[118] 2015	Unsuitable population (inc. setting)
Losina et al.[119] 2018	Unsuitable population (inc. setting)
Low et al.[120] 2020	Unsuitable study design
Macht et al.[121] 2016	Unsuitable publication type (conference abstract, thesis)
Magheli et al.[122] 2011	Unsuitable intervention
Mansfield et al.[123] 2014	Unsuitable publication type (conference abstract, thesis)
Martinez-Velilla et al.[124] 2021	Unsuitable intervention
Mateo[125] 2020	Unsuitable publication type (conference abstract, thesis)
Mayo et al.[126] 2015	Unsuitable publication type (conference abstract, thesis)

Mehta et al.[127] 2020	Unsuitable population (inc. setting)
Meng et al.[128] 2016	Unsuitable intervention
Metcalf et al.[129] 2019	Unsuitable study design
Miller et al.[130] 2005	Unsuitable publication type (conference abstract, thesis)
Moore et al.[131] 2020	Unsuitable intervention
Moreno et al.[132] 2019	Unsuitable intervention
Mueller et al.[133] 2017	Unsuitable publication type (conference abstract, thesis)
Murff et al.[134] 2007	Unsuitable population (inc. setting)
Musekamp et al.[135] 2019	Unsuitable intervention
Ng et al.[136] 2021	Unsuitable study design
Ni et al.[137] 2018	Unsuitable intervention
Nishitani-Yokoyama et al.[138] 2019	Unsuitable population (inc. setting)
Nolan et al.[139] 2017	Unsuitable population (inc. setting)
Nooijen et al.[140] 2016	Unsuitable intervention
Nooijen et al.[141] 2017	Unsuitable population (inc. setting)
Nooijen et al.[142] 2016	Unsuitable population (inc. setting)
O'Neill et al.[143] 2018	Unsuitable population (inc. setting)
Oesch et al.[144] 2017	Unsuitable intervention
Orme et al.[145] 2018	Unsuitable population (inc. setting)
Ortiz-Alonso et al.[146] 2020	Unsuitable intervention
Paterson et al.[147] 2019	Unsuitable publication type (conference abstract, thesis)
Patterson et al.[148] 2020	Unsuitable publication type (conference abstract, thesis)
Paxton et al.[149] 2018	Unsuitable population (inc. setting)
Peiris et al.[150] 2012	Unsuitable intervention
Peiris et al.[151] 2012	Unsuitable publication type (conference abstract, thesis)
Pfeiffer et al.[152] 2020	Unsuitable intervention
Pol et al.[153] 2019	Outcomes of interest not available
Porserud et al.[154] 2019	Unsuitable intervention
Porserud et al.[155] 2019	Unsuitable publication type (conference abstract, thesis)
Potiaumpai et al.[156] 2021	Unsuitable intervention
Pottebaum et al.[157] 2021	Unsuitable study design
Prince et al.[158] 2018	Unsuitable population (inc. setting)
Raymond et al.[159] 2018	Unsuitable intervention
Reed et al.[160] 2021	Unsuitable intervention
Ringen et al.[161] 2018	Unsuitable study design
Rivard et al.[162] 2012	Unsuitable publication type (conference abstract, thesis)
Robinson et al.[163] 2020	Unsuitable publication type (conference abstract, thesis)
S⊘rensen et al.[164] 2021	Unsuitable study design
Saez de Asteasu et al.[165] 2019	Unsuitable intervention
Said et al.[166] 2018	Unsuitable intervention
Said et al.[167] 2018	Unsuitable intervention
Said et al.[168] 2012	Unsuitable intervention
Salpakoski et al.[169] 2014	Unsuitable population (inc. setting)
Schaller et al.[170] 2016	Unsuitable intervention
Scheer et al.[171] 2017	Unsuitable study design
Schneeberger et al.[172] 2016	Unsuitable publication type (conference abstract, thesis)
Serper et al.[173] 2019	Unsuitable publication type (conference abstract, thesis)
Sharan et al.[174] 2016	Non-adult sample (<18 y.o)
Shelton et al.[175] 2009	Unsuitable population (inc. setting)
Siebens et al.[176] 2020	Unsuitable intervention
Sladkova et al.[177] 2016	Unsuitable publication type (conference abstract, thesis)
Solheim et al.[178] 2017	Unsuitable population (inc. setting)
Soto-Perez-De-Celis et al.[179] 2018	Unsuitable study design
Steele et al.[180] 2012	Unsuitable publication type (conference abstract, thesis)
Steffens et al.[181] 2021	Outcomes of interest not available
Su et al.[182] 2021	Unsuitable population (inc. setting)
Svestkova et al.[183] 2014	Unsuitable publication type (conference abstract, thesis)

Swank et al.[184] 2020	Unsuitable intervention
Tahirah et al.[185] 2015	Unsuitable publication type (conference abstract, thesis)
Taraldsen et al.[186] 2014	Unsuitable intervention
Timmerman et al.[187] 2018	Unsuitable study design
Usui et al.[188] 2015	Unsuitable publication type (conference abstract, thesis)
Valenzuela et al.[189] 2020	Unsuitable intervention
Van Biervilet et al.[190] 2021	Unsuitable study design
Van der Peijl et al.[191] 2004	Unsuitable intervention
Vilarnau et al.[192] 2004	Unsuitable publication type (conference abstract, thesis)
Waite et al.[193] 2020	Unsuitable study design
Waller et al.[194] 2021	Unsuitable comparator/control
Waller et al.[195] 2018	Unsuitable publication type (conference abstract, thesis)
Ward et al.[196] 2021	Unsuitable study design
Waugh et al.[197] 2018	Unsuitable study design
Wedlund et al.[198] 2021	Unsuitable publication type (conference abstract, thesis)
Welsch et al.[199] 2018	Unsuitable publication type (conference abstract, thesis)
Widyastuti et al.[200] 2017	Unsuitable publication type (conference abstract, thesis)
Wiklund et al.[201] 2015	Unsuitable comparator/control
Winter et al.[202] 2011	Unsuitable publication type (conference abstract, thesis)
Wiskemann et al.[203] 2011	Unsuitable intervention
Wiskemann et al.[204] 2015	Unsuitable intervention
Wu et al.[205] 2019	Unsuitable study design
Wynter-Blyth et al.[206] 2017	Unsuitable study design
Yu et al.[207] 2022	Unsuitable intervention
Yudi et al.[208] 2017	Unsuitable publication type (conference abstract, thesis)
Zimmerman et al.[209] 2007	Unsuitable population (inc. setting)

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