**Supplementary Material 10.** Modified Barthel Index

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| Items | Code |
| Unable to perform task | Fully dependent | Moderate help required | Minimal help required | Fully independent |
| Personal hygiene\* | 0 | 1 | 3 | 4 | 5 |
| Bathing self | 0 | 1 | 3 | 4 | 5 |
| Feeding | 0 | 2 | 5 | 8 | 10 |
| Toilet | 0 | 2 | 5 | 8 | 10 |
| Stair climbing | 0 | 2 | 5 | 8 | 10 |
| Dressing\*\* | 0 | 2 | 5 | 8 | 10 |
| Bowel control | 0 | 2 | 5 | 8 | 10 |
| Bladder control | 0 | 2 | 5 | 8 | 10 |
| Chair/bed transfer† | 0 | 3 | 8 | 12 | 15 |
| Ambulation | 0 | 3 | 8 | 12 | 15 |
| Wheelchair | 0 | 1 | 3 | 4 | 5 |

\*Personal hygiene includes washing, combing hair, brushing teeth, shaving, etc.

\*\*Dressing includes button locking and unlocking, wearing a belt, tying and untying shoelaces, etc.

†Chair/bed transfer includes moving from bed to chair or from chair to bed or sitting in bed, etc.