Table 1. Study characteristics of the included studies

Author	Design and country	Population	Intervention		Comparison		Definition	Follow-up	Outcomes
			Characteristics	Type	Characteristics	Type			
Foudhaili, 2023	Retrospective cohort study *France*	Aneurysmal SAH patients aged >18 years	n = 31 Median (IQR) age: 56 (47-61) years Male (%): 35.5%	Early out-of-bed mobilization: mobilization out of bed ≤ day 4 after bleeding. If mobilization is allowed but not out-of-bed, patients have a 30-minute in-bed leg cycling session every weekday	n = 148 Median (IQR) age: 52 (43-61) years Male (%): 30.4%	Delayed out-of-bed mobilization: no mobilization ≤ day 4 after bleeding. If mobilization is allowed but not out-of-bed, patients have a 30-minute in-bed leg cycling session every weekday	Mobilization: ''Measures involving the patient, which introduce and/or assist passive or active movement exercises and which aim at promoting and/or maintaining mobility.''	3 months	Functional outcome Vasospasms/ secondary ischemia Length of stay
Karic, 2017	Prospective observational study *Norway*	Patients with aneurysmal SAH aged >18 years after aneurysm repair	n = 94 Median (range) age: 57 (25-81) years Male (%): 30% Average mobilization step 4 days after aneurysm repair: step ~2.1	Early rehabilitation according to a stepwise mobilization algorithm (step 0-6) plus standard treatment	n = 77 Mean (range) age: 54 (25-79) years Male (%): 36% Average mobilization step 4 days after aneurysm repair: step ~0.7	Historical cohort receiving standard treatment in accordance with institutional guidelines	Rehabilitation: ''The core component of rehabilitation was the gradual increase in mobilization level according to an algorithm developed for the early phase after aSAH, and hence considering the presence and degree of cerebral vasospasm.''	12 months	Mortality Recurrent bleeding Vasospasms/ secondary ischemia Hydrocephalus Length of stay

Milovanovic, 2017	RCT *Serbia*	Aneurysmal SAH patients who underwent surgery within 3 days after aneurysm rupture	n = 34 Mean (SD) age: 51.8 (10.1) years Male (%): 32.4%	Early rehabilitation with initiation of verticalization on days 2-5 post-bleeding	n = 31 Mean (SD) age: 51.9 (8.2) years Male (%): 32.3%	Early rehabilitation with initiation of verticalization on day 12 post-bleeding	Rehabilitation: ''Bed exercise initially, followed by respiratory rehabilitation and finally a 45-degree pillow.''	3 months	Vasospasms/ secondary ischemia
Olkowski, 2015	Retrospective observational study *USA*	Patients with aneurysmal SAH aged >18 years	n = 55 Mean (SD) age: 55.6 (15.5) years Male (%): 36.4% Mean (SD) days to out-of-bed activity: 4.2 (4.7) days	Early mobilization program sessions (30-60 minutes)	n = 38 Mean (SD) age: 51.6 (11.2) years Male (%): 26.3% Mean (SD) days to out-of-bed activity: 6.4 (4.2) days	Historical control group including patients who did not participate in a formal early mobility program	Mobilization: ''Program was focused on positioning, education, functional training, and therapeutic exercise in the supine, sitting, standing, and walking positions.'' Patients were transferred out-of-bed once daily.	Unknown	Length of stay
Yokobatake, 2022	Retrospective cohort study *Japan*	Aneurysmal SAH patients	n = 56 Median (IQR) age: 70 (59-80) years Male (%): 29% Median (IQR) day to first sitting: 5 (3-6) standing: 5 (3-6) walking: 5 (4-10)	Early rehabilitation group according to a program	n = 55 Median (IQR) age: 66 (56-80) years Male (%): 31% Median (IQR) day to first sitting: 7 (4-10) standing: 9 (5-12) walking: 9 (7-14)	Conventional treatment group	Rehabilitation: ''The key concept was early mobilization and starting walking training as soon as possible.''	3 months	Functional outcome Recurrent bleeding Cerebral vasospasms/ secondary ischemia Hydrocephalus Length of stay

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Richtlijn Subarachnoïdale bloeding (SAB) 2025