

Participant Flow

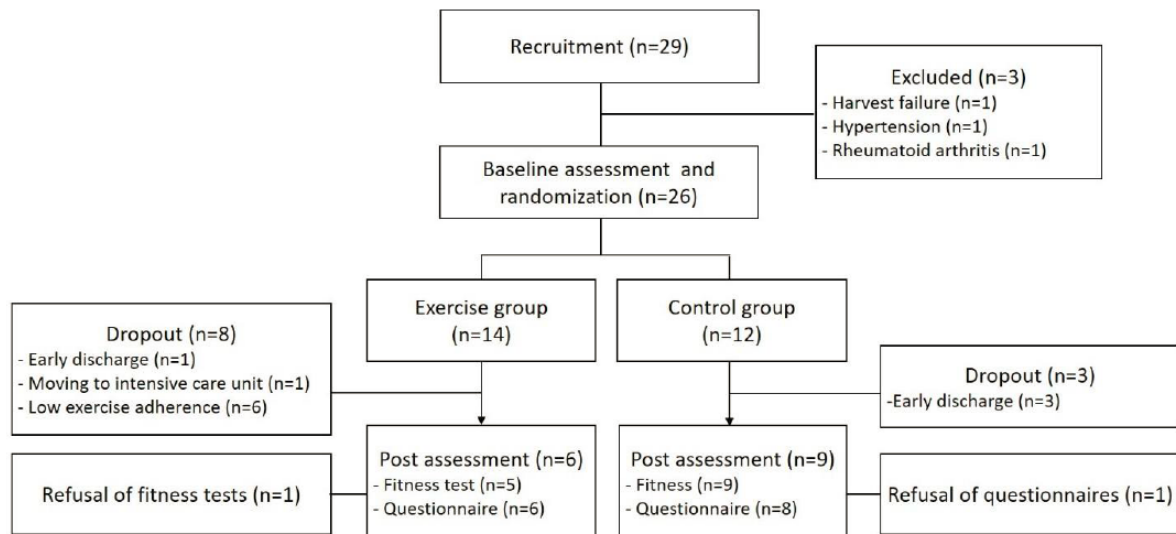


Figure 1. Participants Flow

Baseline Characteristics

Table 1. Baseline characteristics

Variables	Total (n=26)	Exercise group (n=14)	Control group (n=12)
Gender(M/F)	14/12	8/6	6/6
Age(year)	50.9±13.0	47.1±13.8	55.3±11.0
Weight(kg)	65.8±15.7	67.2±15.3	64.1±16.7
BMI(kg/m ²)	24.1±4.0	24.1±4.1	24.0±4.1
Fat percent(%)	28.5±5.9	28.5±6.3	28.4±5.5
Diagnosis			
Leukemia	5	5	0
Lymphoma	5	2	3
Multiple myeloma	14	7	7
Myelodysplastic syndrome	1	0	1
Amyloidosis	1	0	1
Transplant			
Autologous	19	9	10
Allogeneic ^a	7	5	2

Abbreviation: BMI, body mass index

^aAllogeneic includes half-allogeneic.

Outcome measures

Table 2. Outcomes measures

Variables	Exercise group (n=6)			Control group (n=8)			<i>p</i> value
	Baseline	At discharge	Δ	Baseline	At discharge	Δ	
Weight(kg)	69.5±17.3	66.8±16.0*	-2.7±2.5	58.4±13.2	57.2±13.4	-1.2±1.8	0.22
BMI(kg/m ²)	24.2±4.2	23.3±3.9	-0.9±0.8	22.9±3.9	22.4±4.1	-0.5±0.8	0.40
Muscle mass(kg)	27.3±7.1	26.1±6.8*	-1.2±1.0	22.8±5.5	22.2±5.1	-0.7±2.0	0.56
Fat mass(kg)	19.6±6.3	18.3±5.5	-0.8±1.4	16.0±4.8	16.0±7.1	-0.0±3.1	0.58
Fat percent(%)	28.2±3.6	28.3±4.4	0.1±1.5	27.1±3.8	27.0±7.7	-0.2±5.2	0.91
BMR(kcal)	1444.3±255.1	1405.0±249.5*	-39.3±34.3	1286.3±193.4	1261.0±177.5	-25.3±76.4	0.68

Abbreviation: BMI, body mass index; BMR, basal metabolic rate

**p*<0.05 vs. baseline

p value for comparison of change of variables between exercise and control group

Table 3. Outcome measures

Variables	Exercise group				Control group				<i>p</i> value
	n	Baseline	At discharge	Δ	n	Baseline	At discharge	Δ	
2-min step test(reps)	5	93.2±16.6	93.0±25.4	-0.2±12.6	6	95.8±12.5	70.8±36.8	-25.0±35.6	0.18
Tecumseh step test (beats/min)	3	111.3±24.4	125.0±7.2	13.7±22.4	0	N/A	N/A	N/A	N/A
Hand-grip strength(kg)	5	29.0±10.0	29.3±9.8	0.2±2.3	9	25.7±8.8	23.9±8.1	-1.8±4.7	0.39
Chair stand(reps)	5	13.4±2.2	14.0±2.0	0.6±1.8	9	12.5±1.9	10.5±3.9	-1.8±3.5	0.19
8 foot up and go(sec)	5	5.8±0.9	5.8±0.7	0.0±0.6	9	7.0±1.7	9.3±2.0*	2.0±2.0	0.018
Sit and reach(cm)	5	0.2±15.2	-7.8±9.7	-8.0±12.9	9	2.7±13.2	-1.3±10.8	-4.0±11.1	0.55

Abbreviation: N/A, not applicable; EG, exercise group; CG, control group

p value for comparison of change of variables between exercise and control group

Table 4. Outcome measures

Variables	Exercise group (n=6)	Control group (n=10)	<i>p</i> value
The number of platelet transfusion(time)	2.8±1.6	2.9±2.5	0.95
The volume of platelet transfusion(ml)	1298.3±958.6	1037.2±970.6	0.61
The number of RBC transfusion(time)	0.8±0.8	1.2±1.5	0.60
The volume of RBC transfusion(ml)	512.2±459.7	671.3±791.6	0.66
The Length of recovery of platelet(day)	8.5±1.4	11.2±5.2	0.24
The Length of hospital stay in laminar flow room(day)	18.0±1.8	17.1±2.9	0.51
The Length of hospital stay after transplantation(day)	18.2±2.7	20.6±6.9	0.47

Abbreviation: RBC, red blood cell

Table 5. Outcomes measures

Variables	Exercise group (n=5)			Control group (n=9)			<i>p</i> value
	Baseline	At discharge	Δ	Baseline	At discharge	Δ	
Symptom (0-130)	36.6±17.5	57.0±23.9	20.5±13.4*	32.6±20.3	52.3±22.5*	11.8±9.5	0.74
Interference (0-60)	18.8±15.8	30.6±16.0	11.8±9.5	24.8±9.7	28.5±20.1	3.3±19.8	0.39

**p*<0.05 vs. baseline; *p* value for comparison of change of variables between exercise and control group

Adverse Events

There were no adverse events associated with this trial