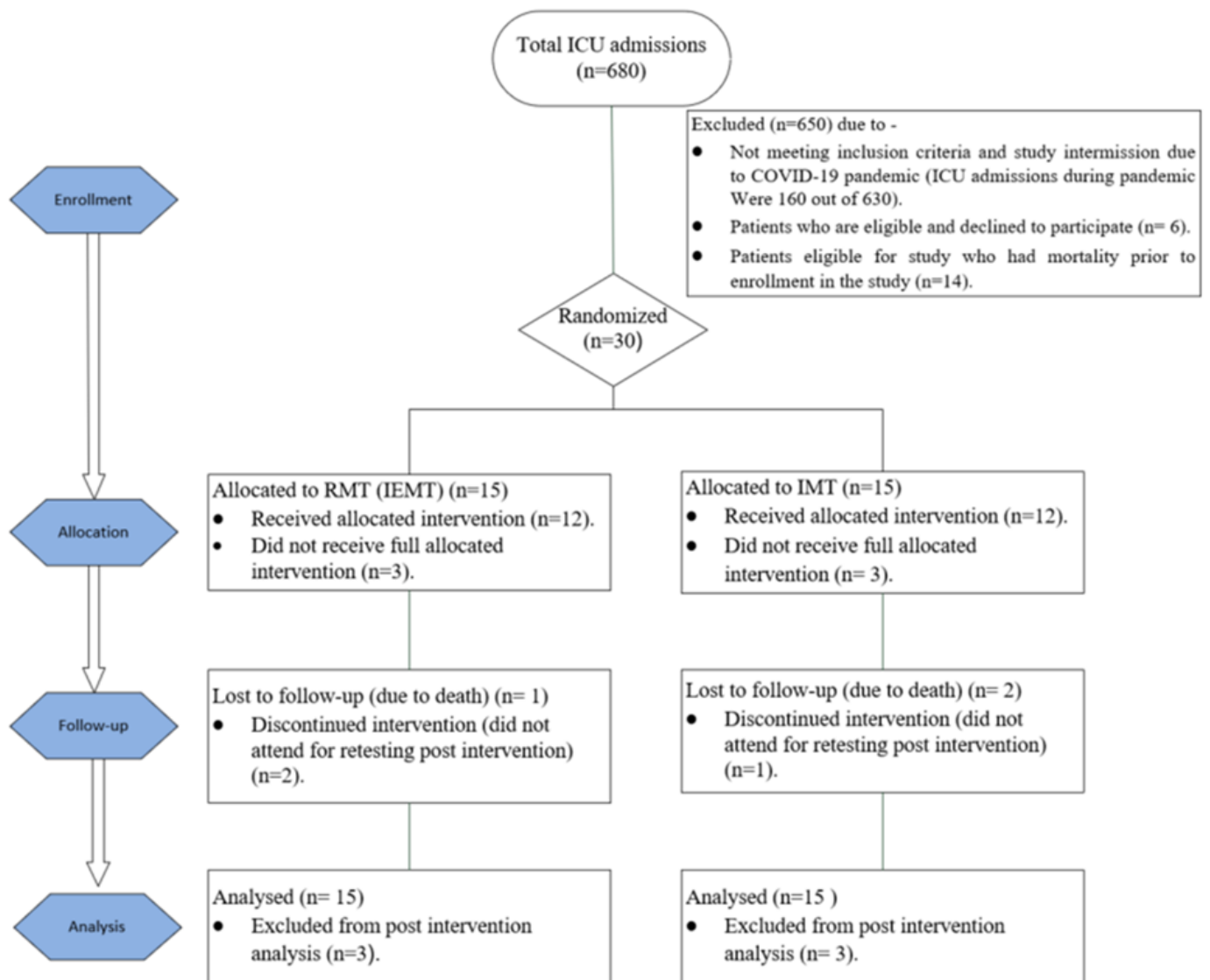


Participant flow



Baseline characteristics

Characteristic	Intervention group (IEMT) (n=15)	Control group (IMT) (n=15)	Between-group difference
Age in Years (SD)	55.07 (12.66)	57.67 (10.08)	2.60*(SE 4.18; 95% CI - 5.96 – 11.16) t(28)=0.62
Gender - Male (M) Female (F)	13 M; 2 F	10 M; 5 F	-
Reason for admission	4 Sepsis 2 Pneumonia 2 Covid-19 1 Cardiac arrest COPD 1 GBS 1 DKA 1 Drug overdose 1 C2H5OH 1 RTA	4 Pneumonia 3 Sepsis 2 Cardiac failure 2 COPD 2 CVA 1 Drug overdose 1. Respiratory failure	-
MV Days (SD)	16.73 (11.32)	10.73 (8.75)	-6.00*(SE 3.70, 95% CI - 13.57 - -1.57) t(28)=-1.62

Outcome measures

Outcome	IEMT Mean (SD)	IMT Mean (SD)	Between-group difference
MIP Pre (n=15)	35.60 (8.05)	38.27 (8.61)	2.67 (SE 3.04, 95% CI -3.56 – 8.90) t(28) = 0.88, p=0.39
MIP Post (n=12)	46.83 (8.80)	51.50 (8.99)	4.67 (SE 3.63, 95% CI -2.86 – 12.20) t(22) = 1.29, p=0.21
MEP Pre (n=15)	38.73 (8.22)	41.73 (6.99)	3.00 (SE 2.79, 95% CI -2.71 – 8.71) t(28) = 1.08, p=0.29
MEP Post (n=12)	50.75 (9.01)	51.50 (7.32)	0.75 (SE 3.35, 95% CI -6.20 – 7.70) t(22) = 0.25, p=0.83
FRI Pre (n=15)	0.89 (0.05)	0.92 (0.05)	0.03 (SE 0.02, 95% CI -0.00 – 0.07) t(28) = 1.64, p=0.11
FRI Post (n=12)	0.89 (0.05)	0.93 (0.06)	0.04 (SE 0.02, 95% CI -0.01 – 0.09), t(22)=1.77, p=0.09
HHD Pre (n=15)	24.60 (6.18)	24.20 (5.61)	-0.40 (SE 2.16, 95% CI -4.81 – 4.01) t(28) = 0.19, p=0.85
HHD Post (n=12)	28.75 (7.60)	29.75 (4.23)	1.00 (SE 2.51, 95% CI -4.21 – 6.21) t(22) = 0.40, p=0.69
SCSS Pre (n=15)	2.93 (0.25)	3.07 (0.25)	0.14 (SE 0.09, 95% CI -0.05 – 0.32) t(28) = 1.53, p=0.14
SCSS Post (n=12)	4.25 (0.60)	4.67 (0.47)	0.42 (SE 0.22, 95% CI -0.04 – 0.88) t(22) = 1.91, p=0.07
*Rectus-Pre (n=15)	10.29 (1.09)	10.87 (0.80)	0.58 (SE 0.35, 95% CI -0.14 – 1.30) t(28) = 1.66, p=0.11
*Rectus-Post (n=12)	10.28 (1.15)	11.07 (0.68)	0.80 (SE 0.39, 95% CI -0.00 – 1.59) t(22)=2.05, p=0.05

* Rectus abdominus muscle thickness

Adverse Events

There are no adverse events associated with this study.