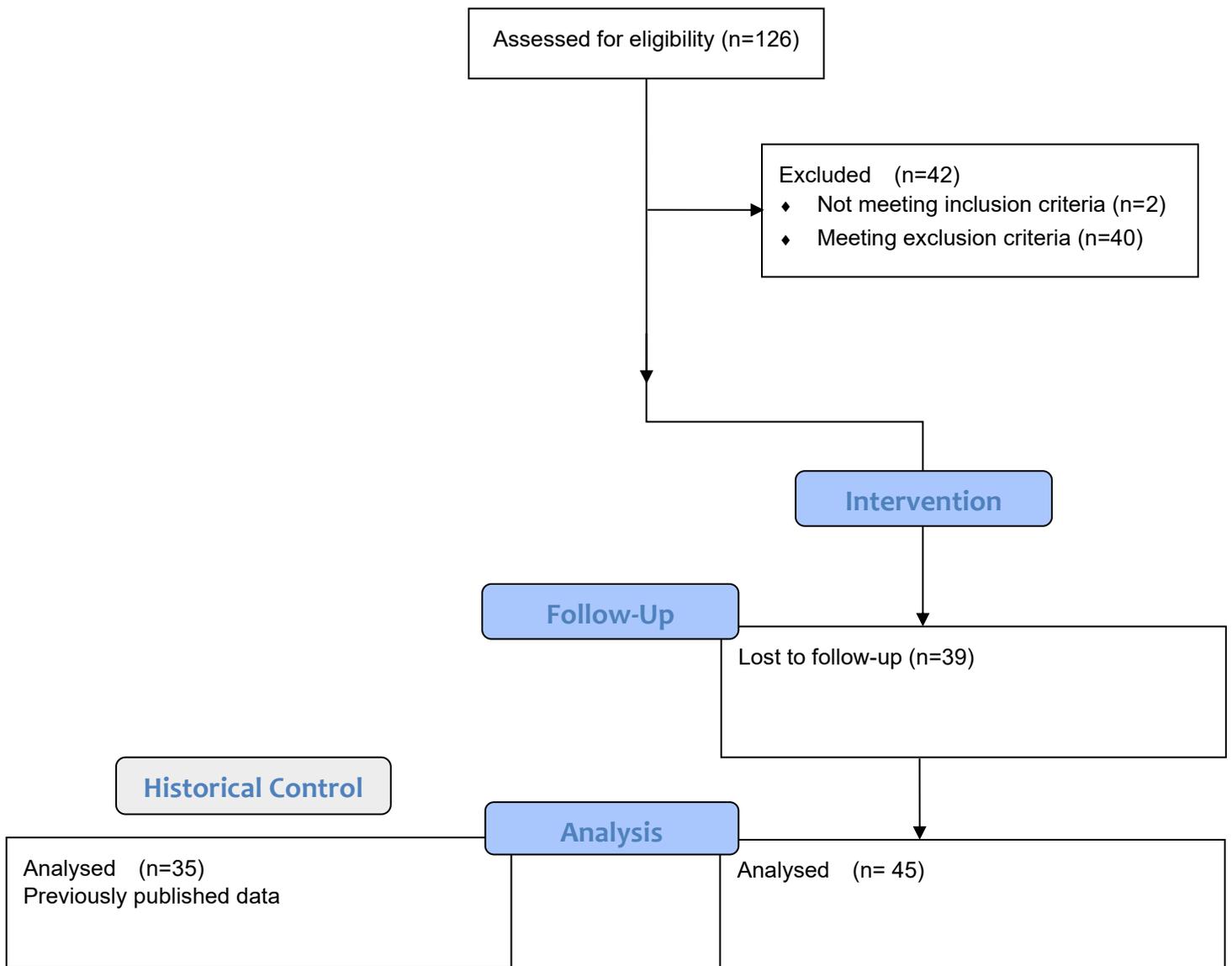


**Figure S1.** The flowchart of enrollment as the intervention group.



**Figure S2.** The serial home-based exercise program. The first exercise was instructed at preoperatively (a), the second exercise was instructed at 2 weeks after surgery (b), the third exercise was instructed at 6 weeks after surgery (c), and the fourth exercise was instructed at 3 months after surgery (d).

