

Table S1 Comparison of PFT parameters, 6MWD, and cardiac function before and after intervention[†]

Variables	Intervention group (n=114)		Control group (n=114)		Group × test time			Group			Test time		
	Mean	SD	Mean	SD	F	P	η^2	F	P	η^2	F	P	η^2
FEV1 (L)													
Before 1st session	0.66	0.29	0.73	0.29	5.87	0.02*	0.01	0.32	0.57	0.00	97.93	<0.001*	0.19
After 7th session	1.10	0.39	0.99	0.43									
FVC (L)													
Before 1st session	0.86	0.45	0.93	0.41	2.86	0.09	0.01	0.13	0.71	0.00	47.99	<0.001*	0.11
After 7th session	1.32	0.67	1.20	0.51									
FEV1/FVC (%)													
Before 1st session	0.79	0.17	0.82	0.17	2.61	0.11	0.01	0.03	0.86	0.00	11.74	0.001*	0.03
After 7th session	0.87	0.14	0.85	0.15									
MIP													
Before 1st session	14.46	5.66	15.97	6.67	1.68	0.20	0.00	0.15	0.70	0.00	144.30	<0.001*	0.26
After 7th session	26.60	10.89	25.72	12.24									
MEP													
Before 1st session	21.39	8.92	22.00	7.85	5.04	0.03*	0.01	2.93	0.09	0.01	117.17	<0.001*	0.22
After 7th session	37.00	14.68	32.14	14.95									
PEF													
Before 1st session	1.27	0.59	1.33	0.51	3.76	0.053	0.01	1.35	0.25	0.00	108.43	<0.001*	0.21
After 7th session	2.19	0.87	1.95	0.93									
6MWD													
Before 1st session	148.0	51.4	146.6	55.8	11.74	0.001*	0.03	13.51	<0.001*	0.03	188.11	<0.001*	0.32
After 7th session	253.2	75.1	210.3	63.9									
LVEF (%)													
Before surgery	57.2	8.1	56.9	9.0	0.03	0.86	0.00	0.37	0.54	0.00	2.36	0.13	0.01
7 days after surgery	56.0	6.9	55.5	7.7									
LVEDD (mm)													
Before surgery	52.9	7.6	52.7	8.3	0.12	0.73	0.00	0.27	0.60	0.00	32.11	<0.001*	0.07
7 days after surgery	49.2	5.4	48.6	6.0									
LVESD (mm)													
Before surgery	37.5	7.3	37.3	8.1	0.00	0.96	0.00	0.03	0.86	0.00	17.63	<0.001*	0.04
7 days after surgery	34.6	5.5	34.4	6.4									

[†], two-way repeated measure ANCOVA on group and test time with smoking as covariance. *, P<0.05. SD, standard deviation; PFT, pulmonary function test; FEV1, forced expiratory volume in 1 s; FVC, forced vital capacity; MIP, maximum inspiratory pressure; MEP, maximum expiratory pressure; PEF, peak expiratory flow rate; 6MWD, 6-minute walk test distance; LVEF, left ventricular ejection fraction; LVEDD, left ventricular end-diastolic diameter; LVESD, left ventricular end-systolic diameter.