

Table 1. Baseline characteristics of the study population before and after propensity score matching

Characteristic	Overall cohort			Matched Cohort		
	Usual care group (n = 283)	PT-led early mobilization group (n = 257)	SMD	Usual care group (n = 219)	PT-led early mobilization group (n = 219)	SMD
Maternal age (years)	33.6 (5.1)	34.1 (5.0)	0.055	33.8 (5.1)	33.7 (5.1)	0.017
BMI (kg/m ²)	26.7 (5.0)	26.1 (5.3)	0.078	26.4 (5.0)	26.4 (5.1)	0.062
Primipara (%)	123 (43.5)	128 (49.8)	0.110	91 (41.6)	96 (43.8)	0.086
Emergency surgery (%)	120 (42.4)	126 (48.5)	0.133	106 (48.4)	103 (47.0)	0.032
Anesthesia type						
Spinal (%)	248 (87.6)	231 (89.9)	0.025	195 (89.0)	197 (90.0)	0.019
Non-spinal anesthesia ^a (%)	35 (12.4)	26 (10.1)		24(11.0)	22(10.0)	
Additional surgery (%)	41 (14.5)	40 (15.6)	0.004	31 (14.2)	34 (15.5)	0.000
Operation time ^b (min)	89.19 (65.50–106.00)	82.99 (61.00–101.00)	0.198	82.00 (61.00–102.00)	79.00 (64.00–104.50)	0.094
Intraoperative blood loss ^b (mL)	1000 (679.5–1500)	1000 (687.5–1435)	0.029	954 (650–1464)	1000 (683.5–1485)	0.004
CRP ^c (mg/dL)	4.12 (2.92–5.95)	4.60 (2.92–8.30)	0.184	4.20 (2.92–6.78)	4.30 (2.96–7.96)	0.157
Hemoglobin (g/dL)	10.50 (9.50–11.40)	10.40 (9.50–11.20)	0.124	10.30 (9.40–11.30)	10.40 (9.50–11.20)	0.060

Data are mean (SD), median (IQR), or n (%). Standardized mean differences (SMD) were used to assess baseline balance between groups, with values <0.1 indicating acceptable balance.

Abbreviations: BMI, body mass index; CRP, C-reactive protein; SMD, standardized mean difference.

^a Non-spinal anesthesia includes epidural and general anesthesia.

^b Operation time and intraoperative blood loss were recorded intraoperatively.

^c Laboratory values (CRP and hemoglobin) were measured postoperatively during the index hospitalization, prior to the assessment of postoperative ileus.