

Table S1. Inclusion or exclusion criteria.

Inclusion criteria

- 1) Patients who were hospitalized for acute exacerbation of heart failure
- 2) Aged 75 years or older
- 3) Frail patients (Short Physical Performance Battery score 4-9)

Exclusion criteria

- 1) B-type natriuretic peptide < 100 pg/ml at admission
 - 2) Cognitive dysfunction
 - 3) Acute coronary syndrome
 - 4) Significant myocardial ischemia during low-intensity exercise
 - 5) Resting heart rate > 120/min
 - 6) Acute infective endocarditis, myocarditis, and pericarditis
 - 7) Presence of a recent hospitalization for heart failure (< 1 month)
 - 8) Severe symptomatic aortic stenosis, mitral stenosis, and hypertrophic obstructive cardiomyopathy
 - 9) Severe pulmonary hypertension
 - 10) Intracardiac thrombus
 - 11) Untreated life-threatening arrhythmia
 - 12) Resting blood pressure > 180 mmHg
 - 13) Ongoing orthopnea
 - 14) Requiring high inotropic support
 - 15) Patients with circulatory assist device
 - 16) Patients with inadequate oxygenation
 - 17) Patients with mechanical ventilation
 - 18) History of aortic dissection, or presence of aortic aneurysm or aortic dissection
 - 19) Patients with uncontrolled diabetes
 - 20) Peripheral arterial disease (Fontain III or IV)
 - 21) Recent embolism
 - 22) Patients undergoing hemodialysis
 - 23) Serum creatinine > 3.0 mg/dl
 - 24) Severe anemia
 - 25) Short life expectancy due to advanced disease other than heart failure
 - 26) Patients who needed assistance for walking a month before hospitalization
 - 27) Pregnant, lactating women, patients may be pregnant
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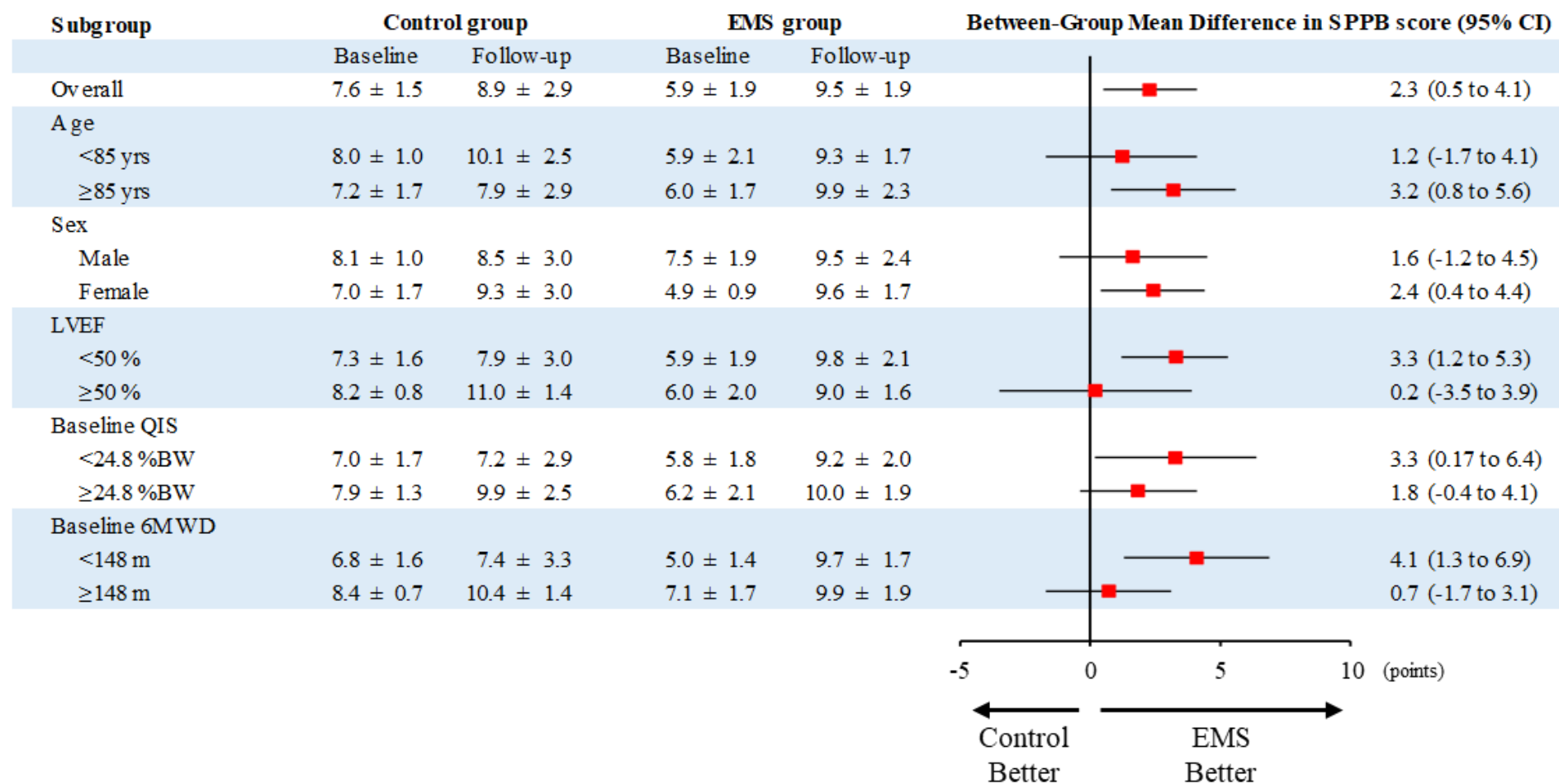


Figure S1. Prespecified subgroup analysis of the SPPB.

Values are expressed as means ± SD. BW, body weight; CI, confidence interval; EMS, electrical muscle stimulation; LVEF, left ventricular ejection fraction; QIS, quadriceps isometric strength; SPPB, short physical performance battery; 6MWD, 6-minute walking distance.