

Education	Check the patient's smoking status and provide smoking cessation education and nutritional counseling. Demonstrate the correct use of inhalers.
Monitoring	Guide the patient onto the mat and measure oxygen saturation and pulse rate using a pulse oximeter. If these measurements are stable, position the patient for abdominal breathing.
Breathing training (10 minutes)	Practice diaphragmatic breathing and pursed lip breathing and repeat under supervision for 10 minutes.
Stretching (5 minutes)	Perform movements of the upper extremities with breathing training. Relax and stretch the upper and lower extremities.
Strengthening exercise (20 minutes)	Repeat the strengthening training of the abdominal muscle and the upper and lower extremities for 5-15 times in three sets according to the patient's muscular strength, using a resistance band.
Endurance exercise (15 minutes)	Perform aerobic exercise using a treadmill and cycle ergometer, considering the patient's exercise ability.
Cool down (5 minutes)	Execute stretching and relaxation exercises of the upper and lower extremities and check oxygen saturation and pulse rate before the end of the exercise.
Exercise prescription	Prescribe exercise in accordance with the frequency, intensity, time, and type (FITT) principle. All patients are required to fill out their exercise diary until their next visit.

Supplementary Figure S1. Pulmonary rehabilitation protocol schematic diagram.