

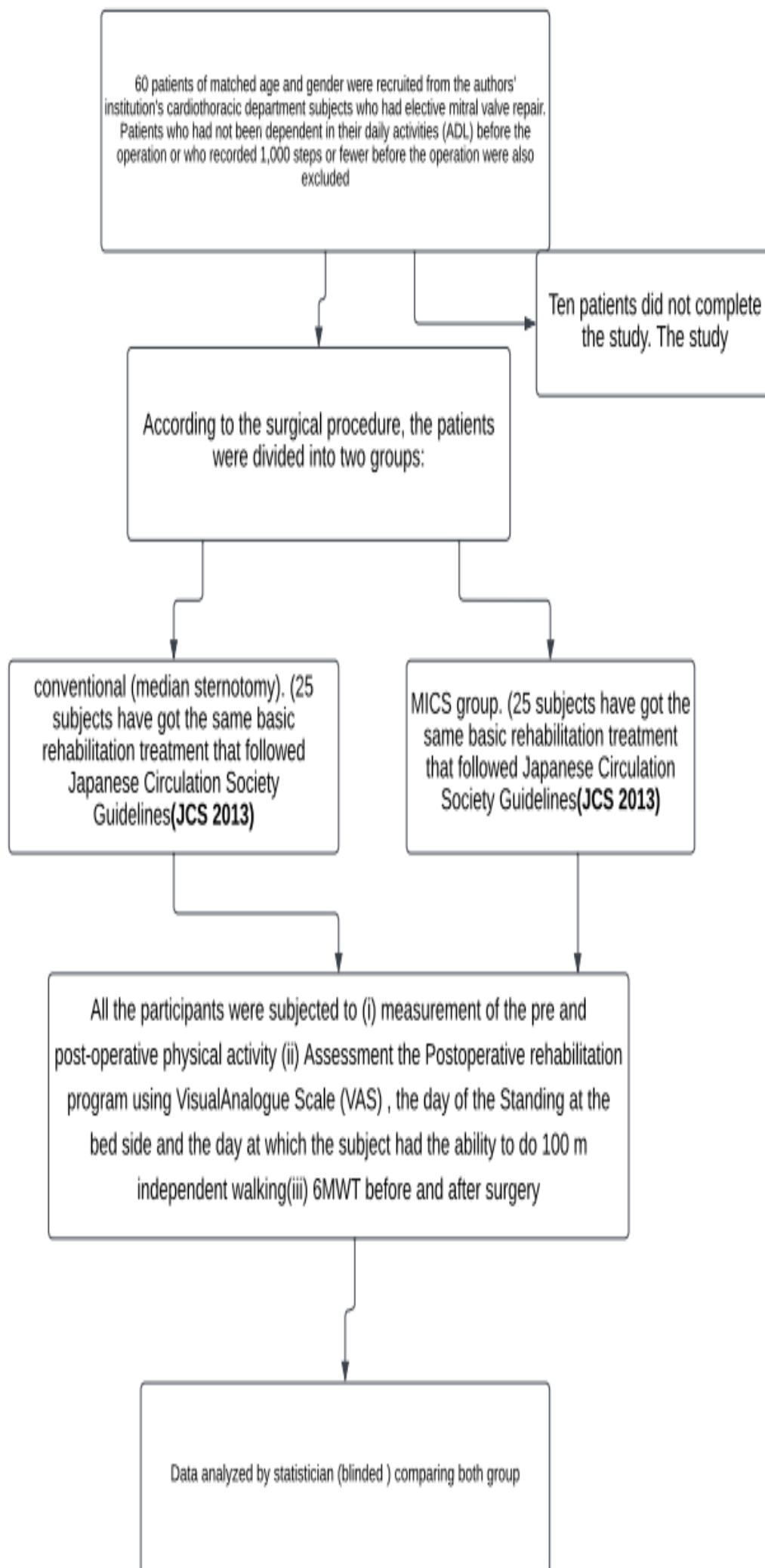
Results:

Baseline characteristics

Prospective comparative study. Prospectively recruited 50 patients who had elective mitral valve surgery were divided into :

MICS group (25 subjects , 12 male , 13 female , age (48.68 ± 12.77) , BMI (26.50 ± 4.31) . 20% of them were diabetic , 44% were hypertensive)

Conventional group (25 subjects , 16 male , 9 female , age (49.08 ± 12.91) , BMI (26.41 ± 4.62) . 16% of them were diabetic , 48% were hypertensive)



Outcome measures

The MICS group recovered quicker than the conventional group (postoperative standing day at the bedside was 1.84 ± 0.37 vs. 2.28 ± 0.68 , $p < 0.01$) and postoperative 100-m independent walking was 3.24 ± 0.72 vs. 5.08 ± 0.70 days, $p < 0.01$). In addition, there was a significant improvement in post-operative VAS in the MICS group, $p < 0.01$). In addition, there was a significant improvement in post-operative VAS in the MICS group, $p < 0.01$) Before and after surgery, the two groups' physical activity levels were measured and are shown in .The preoperative daily step number was not significantly different between the groups. The number of daily steps grew significantly in the MICS group (preoperative $2,740 \pm 1,330$ vs. postoperative $3,536 \pm 1,885$). The variation in the groups' levels of physical activity is seen in Table 3. This suggests that the MICS group's rate of improvement in daily steps was significantly higher than the another group (793.2 ± 543.2 vs. 181.9 ± 205 , $p < 0.01$). The preoperative test revealed no statistically significant difference between them. The MICS group scored significantly higher improvement (preoperative $2,740.4 \pm 1,330.2$ vs. postoperative $3,536.8 \pm 1,885.3$, $p < 0.01$)