Table 1. Participant’s characteristics

|  |  |  |
| --- | --- | --- |
|  | Experimental group (n=9) | Control group (n=9) |
| Characteristic |  |  |
| Male : female | 7:2 | 7:2 |
| Mean (SD) age | 68.4 (13.3) | 63.0 (10.6) |
| Side of hemiparesis (left : right) | 8:1 | 5:4 |
| Mean (SD) days post stroke | 50.8 (35.2) | 40.2 (32.1) |
| Ankle stiffness (affected/unaffected side expressed as a percentage) | 119 (20) | 113 (18) |
| Mean (SD) Baseline measures |  |  |
| Rise Time (seconds) | 1.59 (0.70) | 1.59 (0.65) |
| % body weight through affected foot | 38 (6.8) | 39 (6.2) |
| No. of attempts to achieve 3 sit to stands | 5 (1.6) | 4 (1.1) |
| Number of sit to stands in 60 secs | 10.1 (3.1) | 8.2 (3.0) |

# Table2. Compliance and number of sit to stands over first 5 days

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Subject | Mean (SD) days with complete activpal records (out of 5) | Mean (SD) sit to stands recorded in 1 day  | Mean (SD) sit to stands in training session | Mean (SD) sit to stands recorded out of training session |
| Experimental group | 2.8(1.1) | 65.9 (17.8) | 50.1 (17.2) | 15.8 (4.7) |
| Control group subjects | 3.8(1.3) | 18.6 (8.4) |  |  |

\* Sit to stand intervention for the experimental group and upper limb therapy for control group

Table3. Mean (SD) at baseline and at week 1 and Mean (SD) of differences in outcome measures between assessments within groups and effect sizes plus 95% confidence intervals (CI) between groups.

|  |  |  |  |
| --- | --- | --- | --- |
| Outcome | Scores | Mean (S.D) differences within groups | Mean (95%CI) differences between groups |
|  | Baseline | Week 1 | Wk 1 - baseline | Wk 1 - baseline |
|  | Con(n=9) | Exp(n=9) | Con(n=9) | Exp(n=9) | Con(n=9) | Exp(n=9) | Exp-con |
| Time to stand from force profile (seconds) | 1.6(0.7) | 1.6(0.7) | 1.3(0.4) | 1.2(0.3) | -0.3(0.4) | -0.4(0.6) | 0.16(-0.34 to 0.66) |
| % weight through affected foot at TO | 39.2(6.2) | 38.1(6.8) | 33.4(8.4) | 42.5(6.9) | -5.8(6.9) | 4.4(6.0) | -10.17\*(-16.61 to -3.72) |
| No. of attempts needed for 3 successful sit to stands | 3.9(1.1) | 4.8(1.6) | 3.8(1.6) | 3.6(0.9) | -0.1(2.0) | -1.2(2.0) | 1.11 (-0.89 to 3.12) |
| No. sit to stands in 1 minute | 8.1(3.1) | 9.7(4.7) | 10.8(3.3) | 13.8(4.5) | 2.7(2.1) | 4.1(3.3) | -1.44 (-4.25 to 1.36) |

Con, control group; exp, experimental group.

\*significant, p=0.004