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