

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