

Table III. Linear mixed effect models on therapy/training outcomes

Model	Variable (fixed and random effects)	Estimate	p-value
Physical Therapy	Study start	-51.03	0.00134
Physical Therapy	End of shutdown	-41.63	0.01130
Physical Therapy	Follow-up	-40.83	0.01314
Physical Therapy	NIHSS	0.67	0.72034
Physical Therapy	Sex (male)	21.32	0.15460
Physical Therapy	Days since stroke	0.10	0.10509
Physical Therapy	Age	0.21	0.74454
Physical Therapy	Self-directed training: Yes=1/No=0	-13.27	0.33991
Physical Therapy	Therapy reduction: Yes=1/No=0	-14.09	0.44917
Physical Therapy	Random subject factor		0.42324
Occupational Therapy	Study start	-41.12	0.00392
Occupational Therapy	End of shutdown	-37.38	0.01192
Occupational Therapy	Follow-up	-37.33	0.01254
Occupational Therapy	NIHSS	2.69	0.18792
Occupational Therapy	Sex (male)	15.33	0.32969
Occupational Therapy	Days since stroke	0.05	0.41569
Occupational Therapy	Age	0.23	0.73658
Occupational Therapy	Self-directed training: Yes=1/No=0	4.12	0.75410
Occupational Therapy	Therapy reduction: Yes=1/No=0	12.64	0.52424
Occupational Therapy	Random subject factor		0.07392
Workout Device Training	Study start	-27.07	0.05309
Workout Device Training	End of shutdown	-36.88	0.01300
Workout Device Training	Follow-up	-17.55	0.23302
Workout Device Training	NIHSS	-4.72	0.04098
Workout Device Training	Sex (male)	27.58	0.11418
Workout Device Training	Days since stroke	-0.01	0.86009
Workout Device Training	Age	-0.49	0.51512
Workout Device Training	Self-directed training: Yes=1/No=0	18.79	0.16311
Workout Device Training	Therapy reduction: Yes=1/No=0	19.31	0.37363
Workout Device Training	Random subject factor		0.03937
Self-directed Training	Study start	-6.60	0.78489
Self-directed Training	End of shutdown	7.26	0.77645
Self-directed Training	Follow-up	30.97	0.22180
Self-directed Training	NIHSS	-1.82	0.47647
Self-directed Training	Sex (male)	-11.38	0.56991
Self-directed Training	Days since stroke	0.16	0.04409
Self-directed Training	Age	1.46	0.08722
Self-directed Training	Self-directed training: Yes=1/No=0	118.17	0.00000
Self-directed Training	Therapy reduction: Yes=1/No=0	36.58	0.15458
Self-directed Training	Random subject factor		1.00000

NIHSS: National Institutes of Health Stroke Scale. Bold font indicates p-values with a statistical significance of < 0.05.