

Table SI. Primary and secondary outcomes of the sub-analysis

Outcome variables	Paretic side	Groups	Baseline	Post-training (1 day after training)	Follow-up (7 days after training)
Paretic side					
Nine-Hole Peg Test, s	Right	ABT	45.0 (7.9)	35.0 (2.3)	35.2 (3.1)
		UT	48.6 (9.6)	33.6 (5.6)	34.9 (6.0)
	Left	ABT	41.9 (9.9)	34.8 (11.2)*	36.7 (11.8)
		UT	39.1 (6.8)	38.1 (8.4)	36.6 (5.6)
Purdue Pegboard Test, number of pegs	Right	ABT	5.8 (1.5)	6.7 (0.8)	6.6 (1.7)
		UT	4.7 (1.2)	5.7 (1.5)	5.6 (1.0)
	Left	ABT	6.9 (2.7)	7.6 (2.9)	7.9 (3.0)
		UT	6.8 (1.8)	6.7 (2.0)	7.0 (1.1)
Box and Block Test, number of blocks	Right	ABT	37.3 (7.1)	41.4 (5.5)	41.2 (5.1)
		UT	30.3 (10.1)	37.3 (8.8)	40.6 (9.4)
	Left	ABT	34.1 (11.7)	37.2 (11.8)	38.5 (10.9)
		UT	34.7 (9.7)	33.9 (12.3)	37.4 (10.1)
Non-paretic side					
Nine-Hole Peg Test, s	Right	ABT	27.1 (3.9)	22.5 (3.7)	21.9 (3.2)*
		UT	28.1 (6.3)	25.5 (5.8)	26.1 (6.9)
	Left	ABT	22.7 (3.6)	19.2 (4.1)*	19.6 (3.2)
		UT	25.9 (5.1)	27.1 (5.4)	25.7 (5.5)
Purdue Pegboard Test, number of pegs	Right	ABT	9.2 (2.5)	10.4 (2.3)	10.8 (2.7)
		UT	8.9 (2.3)	9.7 (2.4)	10.2 (2.5)
	Left	ABT	12.1 (3.9)	12.1 (3.5)	12.4 (3.4)
		UT	10.6 (1.6)	10.2 (2.8)	11.2 (2.1)
Box and Block Test, number of blocks	Right	ABT	51.8 (8.7)	56.4 (9.8)	56.0 (6.5)*
		UT	47.6 (16.1)	50.4 (11.9)	55.8 (15.5)

Left	ABT	53.8 (11.7)	58.8 (11.6)	58.1 (11.2)
	UT	47.4 (15.8)	47.6 (18.9)	53.2 (19.6)

Values are presented as mean (standard deviation).

ABT: alternating bilateral training; UT: unilateral training.

* Significant difference in the amount of performance change between the ABT and UT groups based on the Mann-Whitney U tests ($p < 0.05$).