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Appendix S1

Sample exercise videos for asynchronous stroke telerehabilitation

Sessions 1-2:

Warm-up

- Breathing exercises with upper limb active range of motion exercises (shoulder flexion, abduction, rotation) x 10 reps
- Active range of motion exercises of the neck towards flexion, extension, lateral flexion, and rotation x 10 reps
- Marching in place x 2 mins (may use a chair for support)

Exercise proper

- Seated, trunk circles
- Seated, knee extensions (bilateral)
- Wrist bends towards the sides, flexion, and extension
- Hand squeeze using stress ball or towel
- Palm up and down (alternate)
- Heel digs (heel dorsiflexion with a step)
- Heel raises
- Toe raises
- Half squats
- Toe taps to the side
- Standing hamstrings curls

Cool-down

- Breathing exercises with upper limb active range of motion exercises (shoulder flexion, abduction, rotation) x 10 reps
- Active range of motion exercises of the neck towards flexion, extension, lateral flexion, and rotation x 10 reps
- Lunge stretch x 30 seconds x 3 reps per side

Sessions 3-4:

Warm-up

- Breathing exercises with upper limb active range of motion exercises (shoulder flexion, abduction, rotation) x 10 reps
- Active range of motion exercises of the neck towards flexion, extension, lateral flexion, and rotation x 10 reps
- Marching in place x 2 mins (may use a chair for support)

Exercise proper

- Seated, trunk circles
- Seated, bicycles
- Lats pull down
- Wall push-ups
- Fist circles, arms abducted to 90 degrees
- Partial lunge
- Side squats
- Leg swings to abduction
- Kick and punch forward
- Backward steps
- Leg circles

Cool down

- Breathing exercises with upper limb active range of motion exercises (shoulder flexion, abduction, rotation) x 10 reps
- Active range of motion exercises of the neck towards flexion, extension, lateral flexion, and rotation x 10 reps
- Lunge stretch x 30 seconds x 3 reps per side