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Table SI. Participants' experiences and recommendations regarding the 2-week telerehabilitation program. (N = 19)

Participants' Feedback	n (%)
Positive experiences	
- Shared experiences with fellow stroke support group members	6 (31.6)
- Better overall health with boosted immune system	4 (21.1)
- Better adherence to a structured exercise program	3 (15.8)
- Longer standing and walking tolerance	2 (10.5)
- Reduction of body weight	1 (5.3)
- Exercises are appropriate to condition	1 (5.3)
- Better focus and productivity	1 (5.3)
- Accessibility of online platform with reduced unnecessary public exposure	1 (5.3)
- Technically easy	1 (5.3)
Negative experiences	
- Occasional and transient internet glitches	4 (21.1)
- Mild muscle pain	1 (5.3)
- Not confident with the exercise execution	1 (5.3)
Recommendations	
- Include more hand exercises	2 (10.5)
- Include exercises in supine and sitting	1 (5.3)
- Provide feedback on exercise form and safety	1 (5.3)
- Provide equipment for exercise and vital signs monitoring	1 (5.3)
- Provide synchronous exercise activity	1 (5.3)