

APPENDIX SI. A part of a Questionnaire  
Section II: Upper limb exercises after stroke

**Please identify the extent to which you agree or disagree with the following statements:**

	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
I always prescribe upper limb exercises to a person with stroke if they can actively elevate their scapula and have Grade 1 finger/wrist extension					
I tend to prioritise transfers and mobilising over upper limb exercises for people with stroke					
I tend not to prescribe upper limb exercises for people with stroke when they have shoulder pain					
I tend not to prescribe upper limb exercises for people with stroke when they have increased tone					
I tend not to prescribe upper limb exercises to people with stroke until they have regained normal movement patterns through facilitation and re-education					

**When appropriate, do you prescribe upper limb exercises to be completed independently by the person with stroke outside of therapy time?**

- Yes
- No
- It depends

If you selected 'it depends' please explain:

**Please rank these exercises in order, assigning 1 to the type of exercise you prescribe most often and 6 to the type of exercise you prescribe least often to a person with upper limb problems after stroke.**

- Range of motion/stretching
- Functional strengthening
- Weightbearing through hand
- Trunk control
- Repetitive task specific practice

**In what form do you communicate these upper limb exercises to a person after stroke? (Tick all that apply)**

- Verbally
- Handwritten instructions
- PhysioTools or a similar software
- Manual (locally developed)
- Manual (published)

If you selected 'Manual (published)' please insert the name of the manual here:

**Do you communicate these exercises to the following people?**

	Yes	No	Not applicable
Family/Carer of the person with stroke			
Therapy assistants			
Nursing staff			
Occupational therapy staff			
Physiotherapy staff			

**To determine if the person with stroke is completing the prescribed upper limb exercises I rely on:**

- The word of the person with stroke
- A written log from the person with stroke
- Verbal feedback from the family/carer of the person with stroke
- Verbal feedback from other members of the rehabilitation team
- My own objective assessment findings

**How do you measure the effectiveness of the prescribed upper limb exercises?**

**Do you progress the upper limb exercises you prescribe?**

- Always     Often     Sometimes     Rarely     Never

Comment (optional)

**Do you advise the person with stroke to continue with the prescribed upper limb exercises on discharge?**

- Always     Often     Sometimes     Rarely     Never

Comment (optional)

**Do you provide the person with stroke up to date written instructions for their prescribed upper limb exercises on discharge?**

- Always     Often     Sometimes     Rarely     Never

Comment (optional)

**When the person with stroke moves to the care of another therapist or team is there a formal handover of the prescribed upper limb exercises?**

- Always     Often     Sometimes     Rarely     Never

Comment (optional)

**In your current work setting who takes the lead on prescribing upper limb exercises to people after stroke?**

- Physiotherapist  
 Occupational therapist  
 Both  
 It depends

Please explain:

**Who do you think should take the lead on prescribing upper limb exercises to people after stroke?**

- Physiotherapist  
 Occupational therapist  
 Both  
 It depends

Please explain: