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:

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>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</td>
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<td>I tend to prioritise transfers and mobilising over upper limb exercises for people with stroke</td>
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<td>I tend not to prescribe upper limb exercises for people with stroke when they have shoulder pain</td>
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<td>I tend not to prescribe upper limb exercises for people with stroke when they have increased tone</td>
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<td>I tend not prescribe upper limb exercises to people with stroke until they have regained normal movement patterns through facilitation and re-education</td>
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</table>

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?

<table>
<thead>
<tr>
<th>People</th>
<th>Yes</th>
<th>No</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family/Carer of the person</td>
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<td>Therapy assistants</td>
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<tr>
<td>Nursing staff</td>
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<tr>
<td>Occupational therapy staff</td>
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<tr>
<td>Physiotherapy staff</td>
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</tbody>
</table>

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?

Comment (optional)

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

Comment (optional)

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

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?

Comment (optional)

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

Please explain:

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

Please explain: