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| **Table 1**: Results for Modified Ashworth Scale (MAS), Reflex and Strength 0-5 (median, 25th and 75th centiles) | | |
| **Upper Extremity** | | |
|  | Active  Groupa | Control  Groupb |
| **MAS** (median, 25th and 75th centiles) | | |
| Baseline | 0 (0-0.5) | 0 (0-1) |
| After training | 1 (0.5-1.25) | . |
| Follow-up | 0.5 (0.5-0.5) | 0 (0-1.5) |
| **Reflex** (median, 25th and 75th centiles) | | |
| Baseline | 0.25 (0-1) | 0.5 (0-1) |
| After training | 0 (0-1.5) | . |
| Follow-up | 0.5 (0-1) | 0.5 (0-2) |
| **Strength 0-5** (median, 25th and 75th centiles) | | |
| Baseline | 3 (2-3.25) | 3 (3-3.5) |
| After training | 3 (2-4) | . |
| Follow-up | 4 (2.5-4) | 3 (3-4) |
| aGroup undergoing active intervention  bGroup with no changes in standard care | | |

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| **Table 2**: Results for Modified Ashworth Scale (MAS), Reflex and Strength 0-5 (median, 25th and 75th centiles) | | |
| **Lower Extremity** | | |
|  | Active  Groupa | Control  Groupb |
| **MAS** (median, 25th and 75th centiles) | | |
| Baseline | 0 (0-0) | 0 (0-0) |
| After training | 0 (0-0) | . |
| Follow-up | 0 (0-0) | 0 (0-1) |
| **Reflex** (median, 25th and 75th centiles) | | |
| Baseline | 1 (0.75-1.25) | 1 (0.5-1) |
| After training | 0.75 (0.25-1.5) | . |
| Follow-up | 0.75 (0.5-1) | 1 (0.5-1.5) |
| **Strength 0-5** (median, 25th and 75th centiles) | | |
| Baseline | 1.75 (1-2.5) | 2.25 (2-3) |
| After training | 2 (1-4) | . |
| Follow-up | 2 (2-4) | 2.25 (2-2.5) |
| aGroup undergoing active intervention  bGroup with no changes in standard care | | |

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| **Table 3**: Results for Range of Motion limitation (degrees; mean ± SD) | | | | | |
| **Upper Extremity ROM limitations** | | | | | |
|  |  | Active  Groupa | | Control  Groupb | |
| **Elbow** (degrees; mean ± SD) |  | Left | Right | Left | Right |
| Baseline | Ext | 15 (20) | 14 (19) | 12 (15) | 3 (8) |
| Flex | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
| After training | Ext | 10 (12) | 10 (12) | . | . |
| Flex | 0 (0) | 0 (0) | . | . |
| Follow-up | Ext | 12 (15) | 8 (12) | 9 (11) | 7 (16) |
| Flex | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
| **Wrist** (degrees; mean ± SD) | | | | | |
| Baseline | Ext | 24 (38) | 32 (42) | 42 (46) | 33 (38) |
| Flex | 7 (22) | 8 (25) | 27 (42) | 0 (0) |
| After training | Ext | 34 (41) | 48 (41) | . | . |
| Flex | 5 (14) | 0 (0) | . | . |
| Follow-up | Ext | 24 (39) | 26 (42) | 43 (48) | 34 (40) |
| Flex | 7 (21) | 8 (25) | 28 (44) | 0 (0) |
| aGroup undergoing motor learning intervention  bGroup with no changes in standard care | | | | | |

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| **Table 4**: Results for Range of Motion limitation (degrees; mean ± SD) | | | | | |
| **Lower Extremity ROM limitations** | | | | | |
|  |  | Active  Groupa | | Control  Groupb | |
| **Hip** (degrees; mean ±  SD) |  | Left | Right | Left | Right |
| Baseline | Ext | 8 (10) | 6 (7) | 15 (6) | 20 (6) |
| Flex | 25 (24) | 28 (23) | 28 (24) | 18 (13) |
| After training | Ext | 8 (7) | 17 (15) | . | . |
| Flex | 24 (24) | 21 (13) | . | . |
| Follow-up | Ext | 3 (4) | 6 (9) | 8 (8) | 16 (11) |
| Flex | 31 (22) | 29 (14) | 33 (26) | 16 (11) |
| **Knee** (degrees; mean ± SD) | | | | | |
| Baseline | Ext | 4 (6) | 9 (12) | 3 (8) | 6 (13) |
| Flex | 44 (38) | 43 (37) | 14 (14) | 15 (15) |
| After training | Ext | 5 (5) | 6 (8) | . | . |
| Flex | 37 (40) | 26 (31) | . | . |
| Follow-up | Ext | 3 (5) | 4 (5) | 4 (8) | 12 (18) |
| Flex | 33 (38) | 35 (27) | 17 (18) | 16 (14) |
| **Ankle** (degrees; mean ± SD) | | | | | |
| Baseline | Ext | 10 (7) | 12 (10) | 10 (7) | 13 (4) |
| Flex | 10 (14) | 9 (10) | 18 (4) | 8 (9) |
| After training | Ext | 15 (8) | 10 (7) | . | . |
| Flex | 11 (16) | 13 (16) | . | . |
| Follow-up | Ext | 12 (8) | 6 (10) | 11 (7) | 14 (5) |
| Flex | 14 (17) | 13 (16) | 19 (7) | 8 (10) |
| aGroup undergoing active intervention  bGroup with no changes in standard care | | | | | |