

Additional File 2: Programme proximal objectives and strategies, with guideline page/section references

		[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]	[11]	[12]	[13]	[14]	[15]	[16]	[17]	[18]	[19]
	Objective & Strategy	Au	Ca1	Ca2	Ca3	Ca4	Ca5	Eu	Ne	NZ	SA	Si	UK1	UK2	UK3	US1	US2	US3	US4	US5
1	Increase muscle strength	6.2.2		T,p17		P20			E6.4	6.2.2			6.19C		3.6.2.3	p121	T1, p2036		13.1.5	
1a	Lower limb strengthening			T,p17		p11	9.5.3		E6.4						T2,p47		T1, p2036	p2412	13.1.5	
1b	Upper limb strengthening		5.4.1	T,p17		p11	10.2.4		E6.4				6.5.1C		T2,p47		T1, p2036	p2412	13.6	
1c	Trunk and core muscle strengthening			T,p17											T2,p47		T1, p2036			
2	Increase aerobic endurance		5.4.3	T,p17		p20	9.6; 9.10.16	p103	E6.4	7.8			6.4.1A		3.6	p121	T1, p2036		13.7	
2a	Treadmill training		5.5.3	T,p17		p34			E8.4								T1, p2036		13.5	
2b	Use of static bicycle			T,p17											T2,p47		T1, p2036			
2c	Other large muscle group aerobic activity			T,p17											T2,p47					
3	Regain and maintain normal joint range of movement			T,p18									6.14.1B		3.6		T1, p2036		13.2	
3a	Lower limb stretching		5.5.2	T,p18											T2,p47					
3b	Upper limb stretching		5.4.1	T,p18			10.11.1 9		F3.3											
3c	Trunk stretching			T,p18											T2p48					
3d	Lower limb movement through range		5.5.2												T2,p47					
3e	Upper limb movement through range		5.4.3.1			p50									T2,p47					
3f	Unspecified stretch/range of movement exercises			T,p18		p40							6.14.1B ; 6.20				T1, p2036			
4	Enhance sensorimotor functions required for functional activity		5.4.1	T,p18		p50							6.19.1		3.6		T1, p2036			
4a	Standing balance training			T,p18		p45	9.3.1								3.6.2.4				13.4	

4b	Sitting balance training			T,p18		p45			E2.4									13.4	
4c	Aquatic balance training						9.3.1											13.4	
4d	Unspecified balance training						9.10.5					6.18.1A				T1, p2036			
4e	Cyclic movements of paretic arm								F7.4					T2,p47				13.6 do not use	
4f	Proprioceptive & kinaesthetic training		5.4.1		p26	p48			F4.4	6.2.3								14.1	
4g	Mental rehearsal of upper limb movements	6.3.5	5.4.1		p26,43	p14,86	10.2.8; 10.11.9			6.3.4			6.9.1					13.6.5	
5	Enhance functional ability	1.4.2; 6.3;6.4	5.4.1; 5.5.1	p13	p30	p21			C4.1; E6.4	6.4			6.16		3.6	T1, p2036	p2411	13.1	
5a	Standing up & sitting down practice		5.5.1	T,p17		p45			E4.4	6.3.2			6.16		3.6.2.2				
5b	Step training / stair climbing			T,p17		p45									3.6.2.2		T1, p2036		T15-1, p106
5c	Walking (including treadmill training)	6.3.4	5.5.3	T,p17		p41	9.10.7; 9.10.8			6.3.2			6.16		3.6.2.2		T1, p2036	2411	13.5
5d	Walking with rhythmic cueing	6.3.4				p41	9.4; 9.10.11		E14.4	6.3.2									13.5
5e	Paretic upper limb task-related training	6.3.5	5.4.1		p30, 43,50	p21	10.2.5; 10.11.5		C4.1	6.3.4			6.5.1		3.6.2.3			p2411	13.6
5f	Bilateral upper limb task-related training	6.3.5				p21				6.3.4			6.5.1						13.6.6
6	Establish & maintain motivation for regular physical exercise	1.4.2		p11					1.4.2; 7.8				3.11.1; 6.13.1	12.1	3.5.4				
6a	Address personal beliefs & attitudes														3.2.4				
6b	Promote personal goal-setting								1.7				6.13.1		3.5.2				
6c	Use motivational interviewing												6.13.1						
6d	Promote use of personal reflective diaries														3.5.4				
6e	Promote use of personal exercise record including repetitions, load and time spent														3.5.4				
6f	Use positive feedback												6.13.1						
6g	Emphasise enjoyment			p12											3.3.6				

7	Develop self-management skills for ongoing physical exercise			p20															
7a	Educate for self-monitoring for adverse events												Box8, p29						
7b	Educate about stroke and stroke recovery patterns																		
7c	Promote active problem-solving							1.7			6.13.1							7.8	
7d	Develop self-efficacy skills			p20							6.13.1								
7e	Encourage self-monitoring to set appropriate exercise levels			p10									3.5.4						
7f	Encourage independent practice of exercises			p20									3.3.2						
7g	Provide guidance booklets												3.3.2						
8	Personalise programme to individual												3.5.2	p121	T2, p2039	p2433		13.6; 15	
8a	Multidimensional pre-assessment conducted by healthcare professional addressing health status, cautions, contraindications and risks			T1, p5;p7				1.2.2					3.2.2; 3.2.3		T2, p2039	p2410		1.4	
8b	Pre-programme assessment by trainers to enable individualisation of programme				p58								3.5.1						
8c	Adapt programme content to personal situation and goals	6.4		p13; p20				1.7			3.11.1		3.5.2	p121		p2406		4.3;7.5; 15	
8d	Evaluate programme effects on individual, including satisfaction, functional gains, personal goals, resource use, energy levels												3.7.3					7.5; App B, p121	
8e	Supplement group classes with individual sessions												3.3.2						
8f	Sub-divide group classes according to disability levels												3.3.5						
8g	In group classes, conduct functional strengthening exercises together to allow individual monitoring												T2 p47						
8h	Intensity should be adjusted to the individual			p13							5.3.1B		3.6.4.2		T2, p2039				

	dose																		
10	Provide context facilitating ongoing regular physical exercise	1.4.2		p11-12										3.3.4				13.7	
10a	Pre-programme contact to discuss any programme barriers			p12										3.2.1.2		p2036; T2, p2039			
10b	Peer/volunteer to accompany to first one or two sessions													4.2					
10c	Minimal use of equipment to facilitate home practice													3.6.2.1					
10d	Promote family / carer involvement	6.1.1		T1,p9	p40				6.1.1; 8.8	13.3		3.11.1; 7.5.1		p114	p2036; T2, p2039	p2431	7.6;17		
10e	Use peer mentoring								8.7					3.3.6					
10f	Use group format for social support													3.3.2					
10g	Provide opportunities to socialise before and after training													3.5.5					
10h	Use of mixed media including internet-based and tele-training								1.2.5									8.1	2644
10i	Locate at home or centre according to personal circumstances / preferences	1.4.1			p40				7.2.4;7. 3.7					p121				7.8; 13.7	
10j	Locate in own residential environment					p21			C4.2		p778								
10k	Provision of transport where necessary, or locate near good public transport links	1.4.2			p12							7.2.1		3.1.5					
10l	Convenient time				p12														
10m	Ongoing programme provision				p12									3.3.4					
10n	Sign-post to other relevant services / facilities	8.6.1							8.7			7.3.1						7.8	
11	Ensure adequate staffing numbers to provide safe and effective training								P101					3.3.3					
11a	Instructor: participant ratio: 1:3 to 1:5				p11														
11b	Instructor: participant ratio: up to 1:8 depending on mix & time since													3.3.3					

	started exercising																		
11c	Supernumerary volunteers or trainees to take part in sessions												4.5						
12	Ensure staff are adequately trained for client group												3.4						
12a	Delivered by instructors with knowledge and training in exercise and stroke		p21									12.9	3.2.5.3						
12b	Provide in-service training to instructors												3.2.5.3						
12c	Ensure stroke-awareness training of frontline staff in course venue												4.3						
13	Integrate programme into stroke pathway				No evid p84								3.2; 3.3			p2404			
13a	Develop partnership agreements between stakeholders												3.1.3						
13b	Referral by healthcare practitioner using clear eligibility criteria		p5										3.2.1.1 3.2.2.3 3.2.3						
13c	Encourage referring practitioner to visit programme												3.3.1						
13d	Established procedures for transferring responsibilities from referrers to trainers												3.2.5						
13e	Ongoing communication with (and feedback to) other stakeholders including health care professionals, service commissioners, local stroke networks												3.7.5						
13f	Referral for other treatments where appropriate												3.3.7; 4.4	p121					
14	Ensure adequate programme governance												3.1						
14a	Overseen by management group												3.1.1						
14b	Plan for programme evaluation		p20										3.7						
14c	Have procedures for recording and reporting adverse events		p20										3.7						
14d	Have data protection procedures												3.7						

14e	Obtain and check ongoing consent			p5,11											3.2.5.4				
															3.2.3.3				

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