

Implementation of High-intensity Stepping Training during Inpatient Stroke Rehabilitation Improves Functional Outcomes

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SUPPLEMENTAL MATERIAL

Supplementary Table I. Total admissions and reasons excluded per site in usual care and high-intensity stepping.

	Usual Care Feb-Nov 2017		High Intensity Training Jan-Nov 2018	
	Ouh	Oms	Ouh	Oms
Not willing to participate	7	7	4	4
Not able to provide consent*	15	5	17	14
Uncontrolled cardiopulmonary, metabolic, infectious or psychiatric disorders*	17	7	42	21
Less than or 2 at BBS#3*	6	0	0	1
FAC 5 or primary goals not related to walking*	27	0	33	0
> 2 months since stroke*	0	2	0	8
Other reasons not stated	1	0	2	0
Total	73	21	98	48
Total excluded per phase	94		146	
Total included per phase	56		54	
Total admitted with stroke diagnosis	150		200	
*Exclusion-criteria				

Supplementary Table II. Regression equations for primary variables.

*Equation 1: Discharge FS = 0.40 * (Admission FS) + 0.058 * (steps / day) / 1000 + -0.01 * age + 0.16 * (paretic strength) + 0.008 * (LOS) + 0.51; r² = 0.56*

*Equation 2: Change FS = -0.60 * (Admission FS) + 0.058 * (steps / day) / 1000 - 0.01 * age + 0.16 * (paretic strength) + 0.008 * (LOS) + 0.51; r² = 0.45*

*Equation 3: Discharge 6MWT = 0.49 * (Admission 6MWT) + 20 * (steps / day) / 1000 - 3.6 * age + 1.9 * (LOS) + 34 * (paretic strength) + 216; r² = 0.69*

*Equation 4: Change 6MWT = -3.6 * age - 0.51 * (Admission 6MWT) + 20 * (steps / day) / 1000 + 1.9 * (LOS) + 34 * (paretic strength) + 216; r² = 0.45*

*Equation 5: Discharge BBS = 0.56 * (Admission BBS) + 0.24 * (LOS) + 0.95 * (steps / day) / 1000 + 0.15; r² = 0.65*

*Equation 6: Change BBS = -0.44 * (Admission BBS) + 0.24 * (LOS) + 0.95 * (steps / day) / 1000 + 0.15; r² = 0.65*