Supplemental material

BMJ Publishing Group Limited (BMJ) disclaims all liability and responsibility arising from any reliance placed on this supplemental material which has been supplied by the author(s)

BMJ Open

Supplementary Material 2. Adherence, exercise fidelity and star ratings as exemplified across four exercise sessions for a sample participant.

Prescribed Home Exercise Program			
Exercises	Repetitions	Sets	Time (seconds)
1. Sit to stand	10	2	N/A
2. Marching	N/A	1	30
3. Calf stretch	N/A	2	30

Day 1 Exercise Session

Exercises	Repetitions or Timed Attempts	Repetitions or Time Prescribed (Per Set)	Proportion Attempted (Adherence)	Acceptable Repetitions or Best Time	Repetitions or Time Prescribed (Per Set)	Acceptable Proportion (Exercise Fidelity)	Star Rating* (Per Set)	Average Star Rating (Across Sets)
1.Sit to stand (set 1)	10	10	10/10 = 1.0	8	10	8/10 = 0.8	3	3
2. Sit to stand (set 2)	10	10	10/10 = 1.0	9	10	9/10 = 0.9	3	(8+9=17/20 =0.85)
3.Marching	25s + 5s	30s	30/30s = 1.0	25	30	25/30 = 0.83	3	3
4.Calf stretch (set 1)	10s + 10s + 10s	30s	30/30 = 1.0	10	30	10/30 = 0.33	1	1
5.Calf stretch (set 2)	10s + 10s + 10s	30s	30/30 = 1.0	10	30	10/30 = 0.33	1	(10+10=20/60 =0.33)
Mean Proportion of Prescribed Attempts			**1.0**	**Mean Proportion of Acceptable Attempts**		**0.64**		

*Star ratings are awarded based on exercise fidelity with 1 star awarded with <50% of repetitions are completed with appropriate fidelity, 2 stars when 50-75% of repetitions are completed with appropriate fidelity and 3 stars when >75% of repetitions are completed with appropriate fidelity.

Supplemental material

BMJ Publishing Group Limited (BMJ) disclaims all liability and responsibility arising from any reliance placed on this supplemental material which has been supplied by the author(s)

BMJ Open

Day 2 Exercise Session

Exercises	Repetition or Timed Attempts	Repetitions or Time Prescribed (Per Set)	Proportion Attempted (Adherence)	Acceptable Repetitions or Best Time	Repetitions or Time Prescribed (Per Set)	Acceptable Proportion (Exercise Fidelity)	Star Rating (Per Set)	Average Star Rating (Across All Sets)
1.Sit to stand (set 1)	12	10	12/10 = 1.2	8	10	8/10 = 0.8	3	3
2. Sit to stand (set 2)	13	10	13/10 = 1.3	9	10	9/10 = 0.9	3	(8+9=17/20 =0.85)
3.Marching	15s + 10s + 5s	30s	30/30 = 1.0	15	30	15/30 = 0.5	1	1
4.Calf stretch (set 1)	10s + 7s + 10s	27	27/30 = 0.9	10	30	10/30 =0.33	1	1
5.Calf stretch (set 2)	18s + 12s	30s	30/30 = 1.0	18	30	18/30 = 0.60	2	(10+18=28/60 =0.47
Mean Proportion of Prescribed Attempts			1.08	Mean Proportion of Acceptable Attempts		0.63		

Day 3 Exercise Session

Exercises	Repetition or Timed Attempts	Repetitions or Time Prescribed (Per Set)	Proportion Attempted (Adherence)	Acceptable Repetitions or Best Time	Repetitions or Time Prescribed (Per Set)	Acceptable Proportion (Exercise Fidelity)	Star Rating (Per Set)	Average Star Rating (Across All Sets)
1.Sit to stand (set 1)	7	10	7/10 = 0.7	5	10	5/10 = 0.5	1	1
2. Sit to stand (set 2)	1	10	1/10 = 0.1	1	10	1/10 = 0.1	1	(5+1=5/20 =0.25)
2.Marching	5s + 5s	30s	10/30 = 0.33	5	30	5/30 = 0.17	1	1

Supplemental material

BMJ Publishing Group Limited (BMJ) disclaims all liability and responsibility arising from any reliance placed on this supplemental material which has been supplied by the author(s)

BMJ Open

3.Calf stretch (set 1)	29s + 1s	30s	30/30 = 1.0	29	30	29/30 =0.97	3	2 (29+6=35/60 =0.58
4.Calf stretch (set 2)	3s + 2s + 6s	30s	11/30 = 0.37	6	30	6/30 = 0.20	1	
Mean Proportion of Prescribed Attempts			**0.68**	**Mean Proportion of Acceptable Attempts**		**0.42**		

Day 4 Exercise Session

Exercises	Repetition or Timed Attempts	Repetitions or Time Prescribed (Per Set)	Proportion Attempted (Adherence)	Acceptable Repetitions or Best Time	Repetitions or Time Prescribed (Per Set)	Acceptable Proportion (Exercise Fidelity)	Star Rating (Per Set)	Average Star Rating (Across All Sets)
1.Sit to stand (set 1)	13	10	13/10 = 1.3	9	10	9/10 = 0.9	3	2 (9+4=13/20 =0.65)
2. Sit to stand (set 2)	5	10	5/10 = 0.5	4	10	4/10 = 0.4	1	
2.Marching	24s + 4s + 2s	30s	30/30 = 1.0	24	30	24/30 =0.80	3	3
3.Calf stretch (set 1)	10s + 10s + 10s	30s	30/30 = 1.0	10	30	10/30 =0.33	1	2 (10+28=38/60 =0.63)
4.Calf stretch (set 2)	28s	30s	28/30 = 0.93	28	30	28/30 =0.93	3	
Mean Proportion of Prescribed Attempts			**0.95**	**Mean Proportion of Acceptable Attempts**		**0.67**		