

Supplemental Table 1 Semi-structured interview questions

No	Question
1	Can you please share your experiences with the home exercise programme (e.g., instructions, pictures, videos, logbook, platform, amount, duration and personal evaluation)?
2.	Please tell me about your experiences with the weekly phone calls (e.g., questions about evaluation, goal setting, amount and duration).
3.	Tell me about your experiences with personal goal setting (e.g., joint goal agreement, duration, amount, goal setting and specific example of a goal).
4.	Describe your observations with regard to the use of your affected arm or your affected hand in everyday life. (e.g., specific example, self-care, domestic life, work and employment, recreation and leisure).
5.	Who or what supported you in attending the home exercise programme (e.g., family, friends and telephone contact)?
6.	What should the home exercise programme be like that you would carry it out for a longer period of time?
7.	How should the home exercise programme be for you to recommend it to others?