

Supplementary file 1: Open-ended questionnaire and summary of responses obtained in Round 1

<p><i>Q1. Please list the contents that should be included in the patient education about stroke recovery. Suggest a few approaches that could be used for education?</i></p> <p>Answers: Educating about stroke, its usual course of recovery, do's and don'ts, benefits of exercises, complications of stroke and its management, and role of caregiver.</p>
<p><i>Q2. Please suggest ways for exercise prescription?</i></p> <p>Answers: Prescription of exercises in the form of videos, written instructions, pictures along with demonstration and practice. Prescribing few individualized exercises which are fun and engaging.</p>
<p><i>Q3. Please suggest ways for taking regular feedback from a patient and clearing any doubts during exercises?</i></p> <p>Answers: Regular contact with therapists, use of apps or mHealth, monitoring exercises, daily log, and charting of activities.</p>
<p><i>Q4. Please suggest a way of cognitive remediation for facilitating adherence?</i></p> <p>Answers: Use of Cognitive Behavior Therapy techniques, motivational interviewing, and counselling. Positive reinforcement and importance to micro gains.</p>
<p><i>Q5. Please suggest on how family members can help to facilitate adherence?</i></p> <p>Answers: Emotional support, encouragement, being exercise buddies, setting up reminders, and preventing complications.</p>
<p><i>Q6. Please suggest ways on how friends, neighbor, colleagues, others can be involved to encourage exercise?</i></p> <p>Answers: Frequent interaction with friends and colleagues, group therapy, association of families, comparison with others.</p>
<p><i>Q7. Please suggest ways to train the patients to self-monitor & continue exercising and solve problems related to exercise adherence?</i></p> <p>Answers: Monitoring exercises, personal graphs, activity scheduling, promoting self-efficacy, and problem-solving, provide ongoing support.</p>
<p><i>Q8. Please provide ways for motivating patients to adhere to interventions?</i></p> <p>Answers: Showing improvement and progress, standard and interim assessments, positive feedback mechanisms, telephonic follow up, positive log, and track of consultations.</p>
<p><i>Q9. Please suggest ways for providing reminders to exercises?</i></p> <p>Answers: Regular follow up, tally sheets, reminders, apps, daily logs, pamphlets, cues and prompts.</p>
<p><i>Q10. Please suggest features of a web-app/mhealth intervention to facilitate adherence?</i></p>

Answers: Tracking and real-time feedback, activity mapping, virtual games, daily reminders, personalized information, interactive community, progress report, and appreciation.