Supplementary Table 2. Perceived benefits and outcomes of completing a CIMT program

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| Theme | Description | Exemplar quotes |
| Overcoming learned non-use of the affected arm | Participants now use their affected arm more often in daily activities and more automatically than prior to CIMT | *“Now, I’ve got no problem using my left hand to carry a cup of coffee or whatever it happens to be … I use my left hand so easily … it becomes second nature, just using it.”* (Participant 038)   |
| Improved functional independence | Being able to do more activities independently, with reduced help from others. | Interviewer: *“So what are you doing now that you couldn’t do in the beginning with your arm?”* Participant 034: *“Eating, drinking, doing housework … make my own breakfast … I put the clothes on the line, I take them off … and she [wife] was surprised. There was one time she went out visiting and she had all these clothes. I packed them in … off the clothesline. I said, ‘XXX [wife] look at this’. She goes, ‘my god’ and she was in tears.”*  |
| Improved arm function and its impact on performance of valued roles and activities | Seeing a range of improvements in upper limb function (including strength, active range of movement and reduction in pain) and it’s impact on the person’s ability to engage in valued work and leisure roles and activities.  | *“I couldn’t go driving, I couldn't go camping, I couldn’t go fishing, now I’m starting to do those things... I go camping now, digging holes, banging pegs in for tents...”* (Participant 004)*“So fortunately towards the end of the group, it was coming up to 6 weeks without my licence so X [occupational therapist] could write me a letter to say I’d be fine to get my licence back. This week I got it back”* (Participant 049) |