**Participant Flow**

**18 Patients in evaluations**

**Eligible**

**N=19**

**Recruitment n=19**

**Baseline Characteristics**

**Loss Follow up or could not finish three months exercise (n=1)**

**Not included due to exclusion criteria n=0**

|  |  |
| --- | --- |
|  | **Stroke Patients n=18** |
| Gender(male/female) | 18(14/4) |
| Age-yr |  |
| 　　　　　Mean±SD | 60.0±12.5 yrs |
| 　　　　　Range | 43-84 yrs |
| Height-cm | 164.3±7.5 cm |
| Weight-Kg | 68.0±10.2 kg |
| BMI | 25.1±3.2 |
| modified Ranking scale | 2.6±0.5 |

**Outcome Measures**

Effect of seated and lying Tai Chi on stroke patients in terms of physical loading, mind, mood, and quality of life after three months of exercise(n=18)

|  |  |  |  |
| --- | --- | --- | --- |
| Evaluated item | Before training (Mean [SD]) | After training (Mean [SD]) | *p-value* |
| TDQ | 11.61 (10.30) | 6.06 (8.07) | <0.001 |
| MRS | 2.61 (0.50) | 2.44 (0.78) |  |
| MAS | 1.83 (1.20) | 1.83 (1.04) |  |
| Barthel’s | 93.06 (10.45) | 93.89 (10.51) |  |
| NIHSS | 3.28 (1.97) | 3.56 (1.76) |  |
| MP1 | 38.22 (12.24) | 56.50 (15.09) | <0.001 |
| MP2 | 51.22 (16.24) | 70.94 (15.43) | <0.001 |

Abbreviations: TDQ, Taiwanese Depression Questionnaire; MRS, Modified Rankin Scale; MAS, Modified Ashworth Scale; NIHSS, National Institutes of Health Stroke Scale; Barthel’s, Barthel index; MP1, muscle power of trunk flexor muscles; MP2, muscle power of rectus femoris

**Adverse Events**

There were no adverse events associated with this trial