

Multimedia Appendix 3. Data of measurement outcomes at baseline, posttest, and after 6 months postintervention.

Tests		Baseline, mean (SD)	Posttest, mean (SD)	After 6 months, mean (SD)	F test	P value	η^2	
Sit and reach test								
	Control group	24.92 (7.826)	24.28 (7.345)	24.00 (8.092)	0.908 ^a	.297 ^b	0.541 ^c	
	Intervention group	24.73 (7.534)	22.50 (7.776)	22.93 (7.570)	0.908 ^a	.297 ^b	0.541 ^c	
		2-way ANOVA						
		Time	— ^d	—	—	35.682 (2,78)	<.001	0.314
		Group×time	—	—	—	8.484 (2,156)	<.001	0.098
Shoulder flexibility test								
	Control group	18.83 (6.029)	18.18 (5.728)	17.90 (5.368)	0.785	.143	0.285	
	Intervention group	18.45 (6.193)	16.30 (5.608)	16.62 (5.227)	0.785	.143	0.285	
		2-way ANOVA						
		Time	—	—	—	16.511 (2,78)	<.001	0.175
		Group×time	—	—	—	3.666 (2,156)	0.035	0.045
Trunk rotation flexibility test								

	Control group	103.80 (19.824)	104.43 (18.548)	104.05 (18.026)	0.961	.170	0.300
	Intervention group	103.57 (21.260)	110.65 (21.546)	108.60 (20.853)	0.961	.170	0.300
		2-way ANOVA					
	Time	—	—	—	24.011 (2,78)	<.001	0.235
	Group×time	—	—	—	17.353 (2,156)	<.001	0.182
		Shoulder range of motion test^e					
	Control group	139.70 (12.584)	141.43 (14.113)	140.92 (13.312)	0.945	.010	0.013
	Intervention group	139.53 (9.814)	148.73 (10.370)	147.20 (8.115)	0.945	.010	0.013
		2-way ANOVA					
	Time	—	—	—	36.315 (2,78)	<.001	0.318
	Group×time	—	—	—	17.655 (2,156)	<.001	0.185
		Shoulder range of motion test^f					
	Control group	114.23 (12.853)	115.50 (13.091)	116.00 (12.922)	0.971	.830	0.823
	Intervention group	114.32 (11.952)	116.10 (11.790)	115.40 (10.916)	0.971	.830	0.823

		2-way ANOVA						
		Time	—	—	—	3.164 (2,78)	.055	0.039
		Group×time	—	—	—	0.395 (2,156)	.635	0.005

Shoulder range of motion test^g

	Control group	30.88 (5.774)	30.78 (5.347)	31.05 (5.164)	0.943	.180	0.881
	Intervention group	30.78 (6.612)	32.70 (7.244)	31.25 (6.648)	0.943	.180	0.881

		2-way ANOVA						
		Time	—	—	—	4.499 (2,78)	.016	0.055
		Group×time	—	—	—	6.281 (2,156)	.004	0.075

Shoulder range of motion test^h

	Control group	22.15 (4.481)	22.70 (4.084)	22.48 (4.403)	0.867	.897	0.919
	Intervention group	22.33 (4.811)	22.82 (4.551)	22.58 (4.314)	0.867	.897	0.919

		2-way ANOVA						
		Time	—	—	—	1.774 (2,78)	.177	0.022
		Group×time	—	—	—	0.009	.984	0.001

						(2,156)		
Elbow range of motion test								
	Control group	125.88 (9.067)	126.60 (8.796)	126.10 (9.353)	0.698	.536	0.770	
	Intervention group	125.07 (9.300)	127.85 (9.181)	126.67 (8.113)	0.698	.536	0.770	
2-way ANOVA								
	Time	—	—	—	9.261 (2,78)	.001	0.106	
	Group×time	—	—	—	3.298 (2,156)	.049	0.041	
Figure-of-eight walk test								
	Control group	45.65 (8.438)	44.57 (8.054)	45.40 (7.585)	0.838	.092	0.233	
	Intervention group	45.25 (9.012)	41.35 (8.845)	43.22 (8.577)	0.838	.092	0.233	
2-way ANOVA								
	Time	—	—	—	36.038 (2,78)	<.001	0.316	
	Group×time	—	—	—	11.846 (2,156)	<.001	0.132	
Standing balance test								
	Control group	19.17 (6.417)	19.77 (6.463)	20.05 (6.089)	0.870	.364	0.686	

	Intervention group	19.40 (5.848)	21.00 (5.505)	20.57 (5.449)	0.870	.364	0.686
	2-way ANOVA						
	Time	—	—	—	9.059 (2,78)	<.001	0.104
	Group×time	—	—	—	1.579 (2,156)	.212	0.020
	Box and block test						
	Control group	12.38 (3.484)	12.83 (3.869)	13.15 (2.992)	0.975	.327	0.793
	Intervention group	12.35 (3.759)	13.73 (4.285)	13.35 (3.766)	0.975	.327	0.793
	2-way ANOVA						
	Time	—	—	—	18.648 (2,78)	<.001	0.193
	Group×time	—	—	—	4.016 (2,156)	.022	0.049
	Cognitive Abilities Screening Instrument						
	Control group	71.48 (5.782)	71.88 (6.223)	71.98 (6.327)	0.985	.017	0.207
	Intervention group	71.45 (6.093)	75.07 (5.535)	73.67 (5.599)	0.985	.017	0.207
	2-way ANOVA						
	Time	—	—	—	21.427	<.001	0.216

						(2,78)		
		Group×time	—	—	—	13.226 (2,156)	<.001	0.145
Chinese version of the Mini-Mental State Examination scale								
	Control group	23.88 (2.980)	24.30 (3.115)	24.25 (2.994)	0.540	.007	0.006	
	Intervention group	23.40 (3.868)	26.28 (3.313)	26.15 (3.068)	0.540	.007	0.006	
2-way ANOVA								
		Time	—	—	—	94.552 (2,78)	<.001	0.548
		Group×time	—	—	—	53.244 (2,156)	<.001	0.406
Chinese version of the Montreal Cognitive Assessment scale								
	Control group	21.95 (4.579)	22.48 (4.279)	22.73 (4.057)	0.722	.142	0.199	
	Intervention group	21.60 (4.187)	23.80 (3.695)	23.88 (3.878)	0.722	.142	0.199	
2-way ANOVA								
		Time	—	—	—	52.563 (2,78)	<.001	0.403
		Group×time	—	—	—	15.882 (2,156)	<.001	0.169

^aA 2-tailed *t* test was applied for continuous variables at baseline for control and intervention groups.

^bA 2-tailed *t* test was applied for continuous variables posttest for control and intervention groups.

^cA 2-tailed *t* test was applied for continuous variables after 6 months postintervention for control and intervention groups.

^dNot applicable.

^eThe maximum range of motion of the shoulder joint in flexion.

^fThe maximum range of motion of the shoulder joint in extension.

^gThe maximum range of motion of the shoulder joint in abduction.

^hThe maximum range of motion of the shoulder joint in adduction.