Supplementary material

Supplementary Table 1. Basic characteristics of included literature.

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| Author | Country | Stroke Type | Intervention time | Control group cases | Control group age | Time since stroke (control group) | Left/right hemiplegic side in the control group | Experimental group cases | Experimental group age | Time since stroke (Experimental group) | Left/right hemiplegic side in observation group | Outcome Indicator |
| Adams 2023 [15] | United States | Ischemic | 8 w | 9 | 60 [34–86] | 25 [3–200] d | 5/4 | 9 | 58 [45–73] | 10 [3–420] d | 4/5 | 1 |
| Aguilera 2024 [16] | Spain | Ischemic | 8 w | 18 | 69.56 ± 10.63 | 5.92 ± 4.60 y | 9/9 | 18 | 60.33 ± 12.44 | 5.64 ± 6.26 y | 11/7 | 2, 4 |
| Akıncı 2023 [17] | Turkey | Hemorrhagic | 6 w | 14 | 64.07 ± 5.54 | 259.07 ± 56.13 d | 6/8 | 14 | 58.64 ± 5.61 | 230.50 ± 34.11 d | 4/10 | 3 |
| Amin 2024 [18] | Pakistan | Hemorrhagic | 6 w | 26 | 49.8 ± 9.9 | - | 11/15 | 26 | 51.8 ± 12.9 | - | 15/11 | 1, 2, 4 |
| Bai 2022 [19] | China | Ischemic | 10 w | 25 | 56.9 ± 14.6 | 132.29 ± 41.62 d | - | 25 | 54.2 ± 13.7 | 141.54 ± 38.28 d | - | 1, 3, 5 |
| Chen 2022 [20] | China | Ischemic | 2 w | 18 | 58.4 (9.3) | - | - | 18 | 57.8 (8.4) | - | - | 1, 4 |
| Choi 2024 [21] | Korea | Ischemic | 8 w | 23 | 59.30 ± 10.26 | 9.13 ± 2.46 m | 11/12 | 23 | 55.69 ± 9.74 | 8.34 ± 2.16 m | 12/11 | 1 |
| Cinakli 2024 [22] | Turkey | Ischemic | 4 w | 9 | 61 (51/66.5) | 7 (6/9) m | 4/5 | 9 | 56 (51/63) | 12 (6/12) m | 3/6 | 1 |
| Dąbrowská 2023 [23] | Czech Republic | Hemorrhagic | 4 w | 25 | 62.96 (49–79) | 128 (94.0–152.5) d | 11/14 | 25 | 59.36 (40–75) | 126 (60.5–154) d | 8/17 | 3, 5 |
| Hsu 2022 [24] | China | Hemorrhagic | 9 w | 17 | 56.7 ± 11.5 | - | - | 18 | 52.9 ± 11.8 | - | - | 1, 2 |
| Huang 2022 [25] | China | Ischemic | 6 w | 15 | 58.33 ± 11.22 | 17.91 ± 21.25 m | 10/5 | 15 | 50.80 ± 12.32 | 36.20 ± 42.38 m | 9/6 | 1 |
| Huang 2024 [26] | China | Hemorrhagic | 3 w | 20 | 65.1 (6.1) | 19.0 (6.6) d | 7/13 | 20 | 63.3 (14.3) | 18.8 (8.4) d | 10/10 | 1, 5 |
| Kiper 2022 [27] | Poland | Ischemic | 6 w | 30 | 65.57 (4.99) | 3.98 (1.45) w | - | 30 | 65.50 (6.72) | 3.95 (1.62) w | - | 5 |
| Kostenko 2023 [28] | Russia | Ischemic | 4 w | 50 | 56.5 ± 4.9 | 7.9 ± 4.8 m | 28/22 | 56 | 61.1 ± 3.7 | 7.7 ± 5.4 m | 31/25 | 1, 4 |
| Kuo 2023 [29] | China | Hemorrhagic | 3 w | 18 | 59.50 ± 10.65 | - | 9/9 | 19 | 57.47 ± 6.99 | - | 7/12 | 2 |
| Kwak 2024 [30] | Korea | Ischemic | 5 w | 18 | 59.17 (13.86) | 27.61 (10.27) m | 7/11 | 18 | 54.28 (17.74) | 26.00 (12.04) m | 10/8 | 3 |
| Peláez 2023 [31] | Spain | Hemorrhagic | 6 w | 12 | 59.58 ± 15.97 | - | - | 12 | 51.91 ± 18.58 | - | - | 3 |
| Rodríguez 2023 [32] | Spain | Ischemic | 3 w | 20 | 63.6 (12.2) | - | 3/17 | 23 | 62.6 (13.5) | - | 4/19 | 1, 4 |
| Sana 2023 [33] | Pakistan | Hemorrhagic | 8 w | 15 | 54.87 ± 9.47 | - | 7/8 | 15 | 49.73 ± 5.81 | - | 9/6 | 3 |
| Sungbae 2024 [34] | Korea | Ischemic | 4 w | 15 | 47.13 ± 13.91 | 5.06 ± 1.09 m | 8/7 | 15 | 51.73 ± 13.63 | 4.53 ± 1.1 m | 7/8 | 1, 2 |

Note: Among the outcome indicators: 1 = FMUE scores; 2 = Box and Block Test; 3 = Berg Balance Scale; 4 = Action Research Arm Test; 5 = Barthel Index. Data are presented as mean ± standard deviation unless otherwise specified (median (IQR) or range). w: week; m: month; y: year; d: day.