

Table 1: Clinical Characteristics of Participants (N=19)

Characteristic	n (%)
Site of affectation	
Neck	1(5.3)
Upper limb	7(36.8)
Lower limb	8(42.1)
Lower back	3(15.8)
Injury/condition type	
Bilateral Knee OA	1(5.3)
Frozen Shoulder	1(5.3)
Low-back Pain	3(15.8)
Neck Pain	1(5.3)
PIMSF	6(31.6)
Piriformis Syndrome	1(5.3)
Round Shoulder	1(5.3)
Unilateral Knee OA	5(26.3)
Exercise	
Ankle pump exercise	1(5.3)
Bridging exercise	1(5.3)
Doorway pectoralis stretch	1(5.3)
Grip strengthening exercises	3(15.8)
Lateral neck flexion stretch	1(5.3)
Piriformis stretch	1(5.3)
Prone press-ups on elbows	2(10.5)
Seated knee flexion and extension	1(5.3)
Shoulder wall climb stretch	1(5.3)
Squatting with support	1(5.3)
Supine hamstring stretch	1(5.3)
Supine heel slides	3(15.8)
Supine triceps extension	2(10.5)

1 Key; OA-Osteoarthritis, PIMSF- Post immobilization stiffness secondary to fracture

Table 2: App Quality Rating and System Usability Scores of the Remote Support Application (N=10)

Section	Participant mean score	Range	
	($\bar{x} \pm SD$)	Minimum	Maximum
App Quality Scores			
Engagement	19.58±1.07	18	23
Functionality	16.11±1.56	14	19
Aesthetics	12.21±1.65	7	14
Information	28.05±3.12	22	34
App quality mean score	75.95±4.98	69	87
Subjective Quality Rating			
App subjective quality score	16.58±2.43	12	20
App Usability Score of the Remote Support Application			
Total App Usability Score	82.53±9.04	66	92

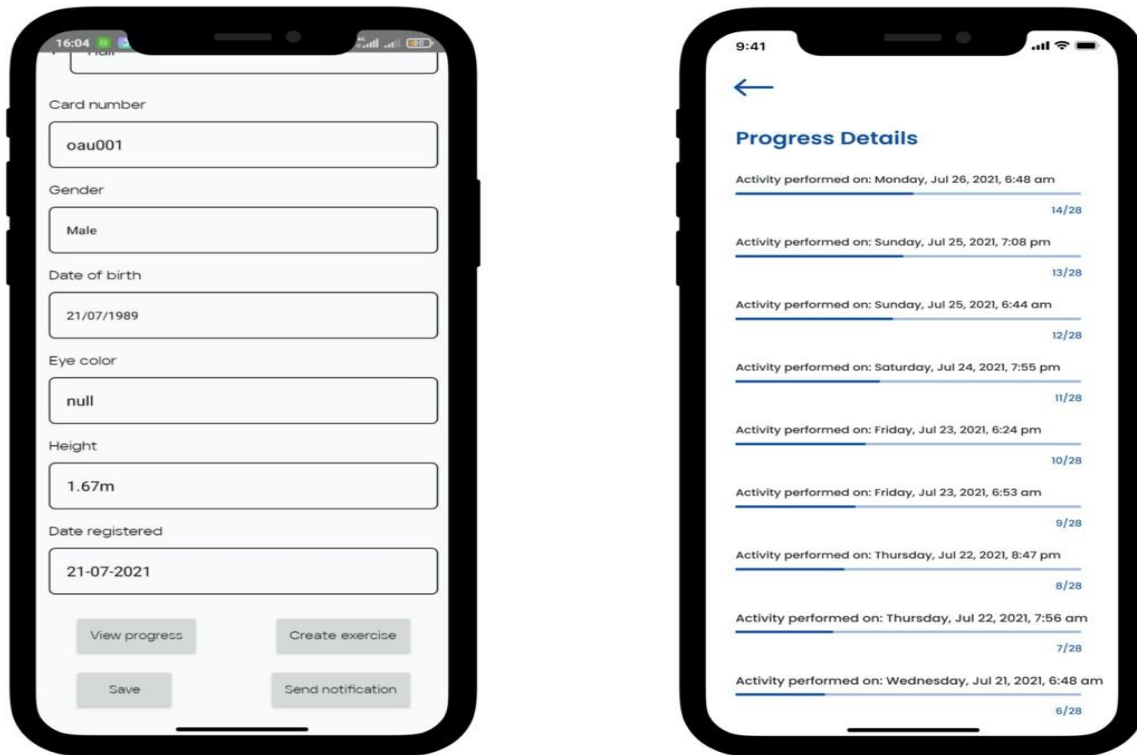
Key; \bar{x} - Mean, S.D- Standard Deviation

Table 3: Mean Score on Perceived Impact of the App on User's Knowledge, Attitudes, Intentions and Behaviour Change on Importance of Adherence to Home Exercise Programmes (N=10)

Section	Mean score ($\bar{x} \pm SD$)	Range	
		Minimum	Maximum
App Specific			
Awareness	4.32±0.582	3	5
Knowledge	3.84±0.898	3	5
Attitudes	4.00±0.745	3	5
Intention to change	4.21±0.713	3	5
Help Seeking	4.16±0.898	3	5
Behaviour Change	3.95±0.911	2	5
Total mean score	24.47±2.41	21	29

Key; \bar{x} - Mean, S.D- Standard Deviation

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32 Figure1: A few screens from the Administrator Application

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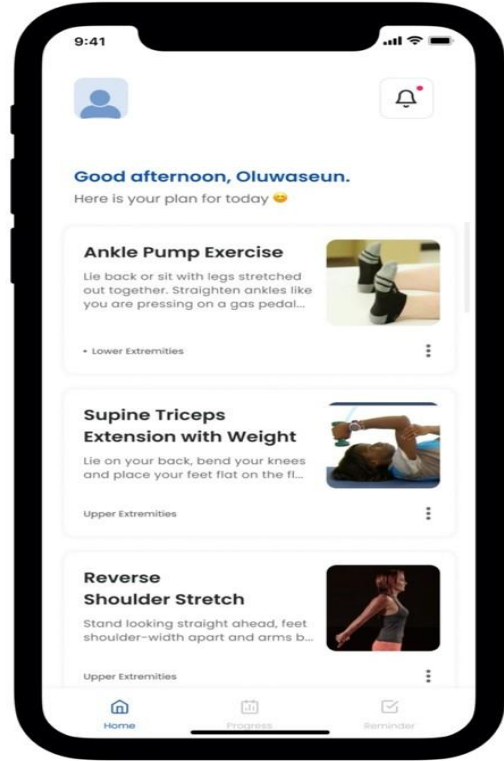
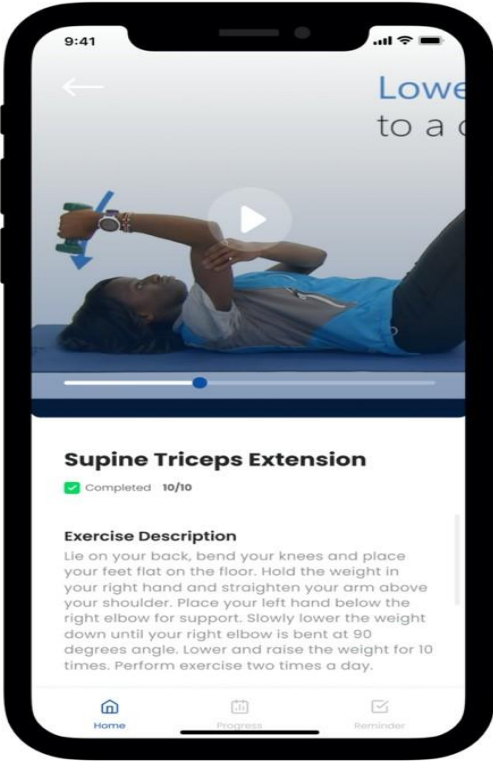


Figure 2: A few screens from the User Application

