

Online Survey Data

"The use of mobile applications in post-stroke physical rehabilitation"

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Information

This document provides cleaned data about specific mobile applications (apps) collected from an online survey "The use of mobile applications in post-stroke physical rehabilitation".

The data was collected between January and March 2026.

The authors have not independently verified the information or reviewed the apps described.

As such this information should only be used as a starting point for those who are looking to explore available apps for use in stroke rehabilitation.

Table 1a: The 30 discrete apps identified and the main categories of physical rehabilitation functions associated with them

Application	Lower limb	Upper limb	Balance	Falls	Walking	Pain	Spasticity	Fatigue	Other
Brainilis	N	N	N	N	N	N	N	N	Y
Calm	N	N	N	N	N	N	N	N	Y
Claro Speak	N	N	N	N	N	N	N	N	Y
Clock Yourself	Y	Y	Y	Y	Y	N	N	N	Y
Colour Block Jam	N	Y	N	N	N	Y	Y	Y	Y
Crossword Master	N	Y	N	N	N	Y	Y	Y	Y
Cut the Rope	N	Y	N	N	N	Y	Y	Y	Y
Dexterity	N	Y	N	N	N	N	N	N	N
Flow Free	N	Y	N	N	N	N	N	N	Y
GripAble	N	Y	N	N	N	N	N	N	N
Hazard Perception	N	N	N	N	N	N	N	N	Y
Hit It	N	Y	N	N	N	N	N	N	N
Isla Care	Y	Y	Y	Y	Y	Y	Y	Y	Y
Koku	Y	N	Y	N	N	N	N	N	N
Lumosity	N	Y	N	N	N	N	N	Y	Y
MyArm	N	Y	N	N	N	N	N	N	N
Neurofenix	N	Y	N	N	N	N	N	N	Y
NROL	Y	Y	Y	Y	Y	Y	Y	Y	N
OxMet	N	N	N	N	N	N	N	N	Y
Physitrack	Y	Y	Y	Y	N	N	N	N	N
React 2	N	N	N	N	N	N	N	N	Y
REPS Recovery Exercises	Y	Y	N	N	N	N	N	N	N
Squeezy	N	N	N	N	N	N	N	N	Y
Strava	N	N	N	N	Y	N	N	N	Y
Sudoku.com	N	Y	N	N	N	N	Y	Y	Y
Via therapy	Y	Y	N	N	N	Y	Y	N	N
Virtual Engagement Rehabilitation Assistant	Y	Y	Y	Y	Y	Y	Y	Y	Y
Visual Attention Therapy	N	N	N	N	N	N	N	N	Y
Walk Time Map	Y	N	N	N	Y	N	N	N	N
Water Sort	N	Y	N	N	N	Y	Y	Y	Y

Table 3: The data collected on suitability for unsupervised home use, cost and likelihood of recommendation to a colleague for each app (note some apps feature in this list more than once as the information provided on a specific app was variable between participants)

App name	Suitable for independent home use without direct therapist supervision?	Cost		Recommendation	
		Is there a cost?	Detail of cost	Likelihood of recommendation	Direct comments
Brainilis	Yes	No		Extremely likely	"Patient friendly, levels to suit all abilities."
	Yes	No		Extremely likely	"Very easy to use, free and vibrant colours to make it more interesting."
Calm	Yes with additional support from family/carers	Don't know		Neither likely nor unlikely	"Depending on patient need."
Claro Speak	Yes with additional support from family/carers	Don't know		Neither likely nor unlikely	"Depending on patient need."
Clock Yourself	Maybe depending on the presentation of the patient	Yes	Few £s	Extremely likely	No reason provided
	Yes with additional support from family/carers	No		Extremely likely	"I find this an easy app to use and find that stroke survivors have engaged with it well. Nice clear instructions and progression activities."
	Yes with additional support from family/carers	Yes	£2.99	Extremely likely	"Patients have enjoyed it and self-purchased. Really good to target dynamic balance. Easy to use. Can make it easy or hard plus plus."
	Yes with additional support from family/carers	Don't know		Somewhat likely	"Easy app to use and start, follow along with instructions on screen."
	Maybe depending on the presentation of the patient	Don't know		Somewhat likely	"Depends on the person's stroke rehab experience and their openness to using apps in rehab."
Colour Block Jam	Yes	No		Extremely unlikely	No reason provided
Crossword Master	Yes	No		Extremely unlikely	No reason provided
Cut the Rope	Yes	No		Somewhat unlikely	No reason provided
Dexteria	Yes	Yes	Approx £6-7	Somewhat likely	No reason provided
	Yes	Yes		Somewhat likely	"Stroke survivors need to have some hand/finger activity before using this app. This focuses more on higher level control - i.e. using a pen, individual finger movements. Engaging and uses simple/clear graphics and good feedback."
Flow Free	Yes	No		Extremely likely	"It is simple and free and patients are able to independently access this on their phone/tablet and can vary how long they spend on the tasks breaking this down to shorter sessions if they are trying to manage fatigue."

GripAble	Yes with additional support from family/carers	Yes	1 off installation cost	Extremely likely	"Straightforward and fun."
	Yes	Yes	Company offer loan and purchase options	Extremely likely	"It's simple, it's easy to train a person how to use it some patients even with mild cognitive issues seem to have no issues."
	Yes	Yes		Neither likely nor unlikely	"Cost."
Hazard Perception	Yes	Yes	One off payment £14.99 for the licence which can be put on multiple devices	Extremely likely	"It helps patients look at their ability to returning to driving."
Hit It	Yes	No		Neither likely nor unlikely	"I would only recommend free apps to patients. I'm not aware of the evidence behind the apps I know about and believe they would always be as an adjunct to standard exercise therapy and functional task practice. The NHS MyTherapy website has been useful."
Isla Care	Maybe depending on the presentation of the patient	Don't know		Neither likely nor unlikely	No reason provided
Koku	Maybe depending on the presentation of the patient	Yes	Unsure, previously was a free version	Somewhat unlikely	"Maybe because it was the free version but it relies on patients answering a few questions with good insight into their current mobility, then exercises were given in relation to that, so could be dangerous."
Lumosity	Yes	No		Extremely likely	"Good rounded cognitive rehab."
	Yes	No	Free if you sign up for only 3x exercises daily (which is enough) There is an option for a premier, ad free membership	Extremely likely	"It is free, has a range of exercises to suit cognitive rehab as well as physical rehab and supports the patients with managing energy as continues to be upper limb, co-ordination and eye movement but can support someone in sitting to be more independent with their rehab and recovery."
	Maybe depending on the presentation of the patient	Yes	Approx £40 annual subscription	Extremely likely	"Provides a fun and gamified way of completing cognitive rehab, suitable for younger patients."
	Yes	Yes	Free use for 3x challenges, extra payment needed to access all content	Somewhat likely	"Simple and effective app."
	Maybe depending on the presentation of the patient	Yes	There is a free version and version that can be paid for.	Neither likely nor unlikely	"The free version is limiting and most patients don't want to pay for an app."

MyArm	Yes	Don't know	In development	Somewhat likely	"Seems to be a good app, with good utility, but it has not been subject to a research study yet to investigate acceptability, useability, and impact."
Neurofenix	Yes	Don't know		Somewhat likely	"Unclear on initial and on-going costs of the device and app."
NROL	Yes	Don't know		Extremely likely	"Amazing experience and you can target up to 8 pt's in one sitting. "
OxMet	No	No		Extremely likely	No reason provided
Physitrack	Maybe depending on the presentation of the patient	Yes	Licenced	Neither likely nor unlikely	No reason provided
React 2	Yes with additional support from family/carers	Don't know		Somewhat likely	"Good programme that gets pts involved in their own rehab journey, but you can also work alongside them if need more support depending on stroke deficits and understanding."
REPS Recovery Exercises	Maybe depending on the presentation of the patient	No		Extremely likely	No reason provided
	Maybe depending on the presentation of the patient	No		Somewhat likely	"Depends on the person's experience in stroke rehab and how open they are to mobile apps to enrich stroke rehabilitation."
	Maybe depending on the presentation of the patient	No		Somewhat likely	No reason provided
	Yes	No		Somewhat likely	"Designed for stroke survivors, good videos to demonstrate and progression ideas. Free to download. However, I'm not sure if still available."
	Yes	No		Neither likely nor unlikely	"I do not routinely recommend apps for use in practice but I believe for some patients it could be very beneficial and something I should be doing more of."
	Yes	No		Extremely unlikely	"The app stopped working ?the company stopped updates, only went to android use for a while."
Squeezy	Yes	Yes		Extremely likely	"Great way for patients to self-manage their pelvic floor exercises."
Strava	Yes	Yes		Somewhat likely	"Easy available and to use."
Sudoku.com	Yes	No		Extremely unlikely	No reason provided
Via therapy	No	No		Extremely likely	"We use it for a therapy tool in our team daily by all AHPs."
	Maybe depending on the presentation of the patient	No		Extremely likely	"Helpful especially to newer qualified staff so that they can ensure they are offering all the right treatments."
	No	No		Somewhat likely	"Quite helpful but often aligns with clinical practise."

	Maybe depending on the presentation of the patient	Don't know		Somewhat likely	"Depends on the person's stroke rehab experience and their openness to using apps in rehab."
Virtual Engagement Rehabilitation Assistant	Yes with additional support from family/carers	Don't know	In development, so cost not known	Neither likely nor unlikely	"Still in development."
Visual Attention Therapy	Yes with additional support from family/carers	Don't know		Somewhat likely	No reason provided
Walk Time Map	Yes	No	Pilot version for free	Somewhat likely	"Bridge between evidence and practice."
Water Sort	Yes	No		Extremely unlikely	No reason provided