

Data were decoded for both groups and analyzed using the Statistical Package for Social Sciences (SPSS Inc., Version 16.0. Chicago, IL, USA) for Windows.

Demographic characteristics and baseline outcome measures were summarized by descriptive statistical methods such as percentages, mean (\pm SD), and median with interquartile ranges. These characteristics and baseline outcome measures for the control and experimental group were compared by Independent sample t tests for continuous, Mann U Whitney test for ordinal/nominal, Chi-square tests or Fishers Exact Test for categorical and proportions variables. Kolmogorov – Smirnov was tested to identify the normal distribution for the study outcome variables included the Functional Gait Assessment (FGA), Berg Balance Scale (BBS), Paretic Lower Extremity Isometric Muscle Strength, 10-metre walk test (10MWT) and Stroke Impact Scale-16 (SIS-16).

Significance of Multivariate Analysis was carried out using the Wilks test and was found to be significant for all variables. Repeated-measures analyses of variance (2 way ANOVA) was used to study changes between the time, group differences and interactions between the 2 study groups (Physical Practice Vs Physical + Mental Practice) x 3 (time: baseline, post, follow-up). Further, post-hoc tests by Bonferroni adjusted were analyzed in order to identify statistically significant time differences from baseline to follow up for each group.

Friedman tests were used for other variables which violated the assumption of normal distribution. Wilcoxon signed rank test was used for

post-hoc analysis to the change scores within a group, over time. Mann-Whitney U tests were performed in order to compare change scores between the groups, over time.

Immediate effect (change scores from pre- to post training) and retention effect (change scores from pre-to follow up) were primarily addressed for all the outcome variables in both groups. The mean difference scores for the 10MWT and isometric muscle strength were also expressed as percentages for the overall treatment effect within and between groups.

All results were considered as significant with a p -value less than 0.05.