

European Stroke Organisation (ESO) guideline on motor rehabilitation.

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Sciences Institute, Faculty of Medical Sciences, Newcastle University, Newcastle upon Tyne, UK 18 European Stroke Organisation, Basel, Switzerland 19 Image Guided Therapy Research Facility (IGTRF), University of Dundee, Dundee, UK 20 Centre for Comprehensive Stroke Rehabilitation and Research, Manipal Academy of Higher Education, Manipal, India 21 Department of Physiotherapy, Manipal College of Health Professions, Manipal Academy of Higher education, Manipal, India 22 Stroke Research Group, Population Health Sciences Institute, Newcastle University, Newcastle Upon Tyne, UK 23 Department of Medicine, Waipapa Taumata Rau University of Auckland, Aotearoa, New Zealand 24 Rehabilitation Research Group, Faculty of Physical Education and Physiotherapy, Vrije Universiteit Brussel, Brussels, Belgium 25 Department of Biomedical and Neuromotor Sciences, Alma Mater University of Bologna, Bologna, Italy 26 Unit of Occupational Medicine, IRCCS Azienda Ospedaliero-Universitaria di Bologna, Bologna, Italy 27 KU Leuven, Leuven Brain Institute, Leuven, Belgium Margit Alt Murphy, Institute of Neuroscience and Physiology, Vita straket 12, Gothenburg 41345, Sweden. Email: margit.alt-murphy@neuro.gu.se Geert Verheyden, KU Leuven, Tervuursevest 101 Box 1501, Leuven 3001, Belgium. Email: geert.verheyden@kuleuven.be The author(s) declared the following potential conflicts of interest with respect to the research, authorship, and/or publication of this article: All authors have completed a declaration of competing interests and details are available in Supplemental Table 1 .

22 5 2025 12 2025 10 4 501820 1160 1188 21 2 2025 14 4 2025 22 05 2025 05 12 2025 05 12 2025 12098312 10.1177/23969873251338142 1 22 05 2025 12675931 10.1177/23969873251338142 2 22 05 2025 © European Stroke Organisation 2025 2025 European Stroke Organisation Motor rehabilitation aims to help people after stroke to gain optimal motor functioning, independence and quality of life. This European Stroke Organisation (ESO) guideline provides updated, evidence-based support for clinical practice in six agreed critical areas: dose for upper limb and gait therapy, high-intensity gait training, effect of therapy transfer package, group versus individual therapy and sit-to-stand training. The guideline was developed according to ESO standard operating procedures and Grading of Recommendations, Assessment, Development and Evaluation (GRADE). Expert consensus statements are provided where a GRADE recommendation cannot be made due to insufficient evidence. For therapy dose, very low quality evidence supports a weak recommendation to provide an additional minimal dose of 20 h of repetitive upper limb practice to improve arm capacity. For gait, expert consensus suggests that an additional minimal dose of 20 h of walking practice could be beneficial for walking capacity. For high-intensity gait training, moderate quality evidence supports a strong recommendation for high-intensity gait training to improve walking endurance in people with chronic stroke and stable cardiovascular status, while low quality evidence supports a weak recommendation for improving walking speed. An expert consensus suggests using a transfer package when providing upper limb task-specific training to enhance transfer to daily life. For group therapy, a weak recommendation based on very low quality evidence suggests that task-specific group-based therapy is non-inferior to individual therapy for improving balance, gait speed and walking endurance. A weak recommendation based on moderate quality evidence suggests additional sit-to-stand training to improve balance.