## Supplementary Material

# Sustained Reduction of Dystonic Tremor and Pain after Cannabis Oil Administration and Physiotherapy in Thalamic Ischemia: A One-Year Case Report

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**Table S1. Self-guided rehabilitation protocol.**

| Exercises | Description | Progression |
|---|---|---|
| **Warm-up** (5 minutes) | | |
| Walk | Walk at slow speed | Increase speed below fatigue threshold |
| Active stretching | Active torsional stretching of the muscles (paraspinal muscles, upper and lower limbs) | - |
| **Aerobic exercises** (10 minutes) | | |
| Running | Run with correct breathing and correct rhythm of the upper limbs | Increase speed |
| **Progressive load exercises (**15 – 20 minutes) | | |
| Crunches | Flexion of the trunk forward in a supine position with bent knees | Insert torsional component for the oblique muscles and increase the number of set |
| Squat | Bilateral squat soft | Monolateral squat |
| Back extension | Trunk extension in the supine position | Put the trunk progressively outside of a bench |
| Plank | In a prone position, rest your hands with elbows extended or rest your forearms with elbows flexed, trying to maintain the straight line between head-back-lower limbs | Increase the period of the exercise |
| Push-up | From the prone position with elbows flexed, fully extend the elbows (possibility of resting your knees on the ground) | Increase the number of set |
| Theraband exercises | For the upper limbs (in anterior flexion, abduction, internal and external rotation), for the lower limbs (adductors, abductors, flexors, extensors) | Increase the number of set and the resistance of the theraband |
| **Cool-down (**5 minutes) | | |
| Static stretching | Static stretching of the muscles of the main body segments (spine, shoulder, elbow, wrist, hip, knee and ankle) | - |

The *self-guided rehabilitation protocol* is based on sequential stretching, aerobic exercises and progressive load calisthenic exercises, the latter partially derived from the 5BX plan protocol, which is extensively cited in the literature [5BX Plan for Physical Fitness (PDF) (3rd ed.). Royal Canadian Air Force. 1975]. The protocol was performed for 35 – 40 minutes, 3 times a week. Different rehabilitation training protocols have proven to be effective in stroke patients [Vecchio M, Gracies JM, Panza F, Fortunato F, Vitaliti G, Malaguarnera G et al. Change in Coefficient of Fatigability Following Rapid, Repetitive Movement Training in Post-Stroke Spastic Paresis: A Prospective Open-Label Observational Study. J Stroke Cerebrovasc Dis. 2017; 26(11): 2536-2540].

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