

SUPPLEMENTARY FILE 4: SUPERVISED REHABILITATION PAPER EXERCISE SHEET EXAMPLE



Stretching exercises: Turning ankle in and out

This will help make your ankle and leg more flexible

Turn ankle inwards and outwards using a towel

- Place a towel around your foot
- Pull one side of the towel as you turn the foot inwards
- Then pull on the other side of the towel as you turn the sole of your foot outwards



Hold this for (seconds):

Repeat:

Number of times per day:

Number of days per week:

Make harder by:

Other tips/advice: