

SUPPLEMENTARY FILE 2: SUPERVISED REHABILITATION EXERCISES

Initial exercises to support early recovery that participants start before their first physiotherapy session

Category	Level	Description	Parameters	Progression
<i>Stretching</i>				
Bending ankle up	1	AROM ankle dorsiflexion in long sitting	3 x 10 reps	Bend ankle up further
	2	Step 1: Gastrocnemius stretch Step 2: Soleus stretch	3 x 30s	Move the affected ankle further back
Bending ankle down	1	AROM ankle plantarflexion in long sitting	3 x 10 reps	Point ankle down further
	2	PROM ankle plantarflexion using hands with legs crossed in sitting	3 x 30s	Push ankle down further
Turning ankle in and out	1	AROM ankle inversion and eversion in long sitting	3 x 10 reps	Turn ankle further inwards and outwards
	2	Option 1: PROM ankle inversion and eversion using towel in long sitting Option 2: PROM ankle inversion and eversion using hands with legs crossed in sitting	3 x 30s	Turn ankle further inwards and outwards using the towel/your hands
<i>Balance</i>				
	1	Weight shifting onto injured leg in standing	3 x 10 reps for 5s	Put more weight through affected leg, increase time up to 20s
	2	Single leg stand with bilateral upper limb support	3 x 10 reps for 5s	Increase duration up to 20s
	3	Single leg stand	3 x 10 reps for 5s	Increase duration up to 20s
<i>Strengthening</i>				
Calf strengthening	1	Seated single leg calf raise	3 x 10 reps, rest ≥1 min	Push floor away harder, lift heel higher
	2	Standing double leg calf raise	3 x 10 reps, rest ≥1 min	Put more weight on affected leg, lift heels higher
Leg strengthening	1	Sit-to-stand	3 x 10 reps, rest ≥1 min	Use a lower chair
	2	Sit-to-stand with staggered stance (affected leg behind)	3 x 10 reps, rest ≥1 min	Place unaffected leg further in front and keep heel of this leg off the ground (i.e., rest on forefoot)

AROM: active range of movement; Max: maximum; Min: minute; PROM: passive range of movement; reps: repetitions; s: seconds

Menu of exercises

Stretching exercises: bending ankle up

Bending ankle up



Calf stretch 1



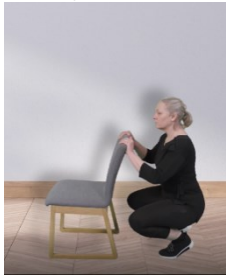
Calf stretch 2



Step down



Squat down



Stretching exercises: Bending ankle down

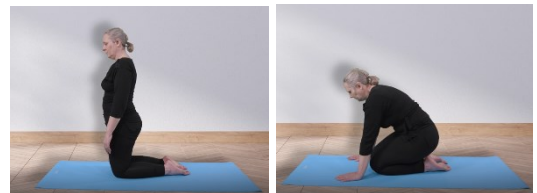
Bend ankle down



Bending ankle down using hands



Kneeling bringing bum to heels



Stretching exercises: Turning ankle in and out

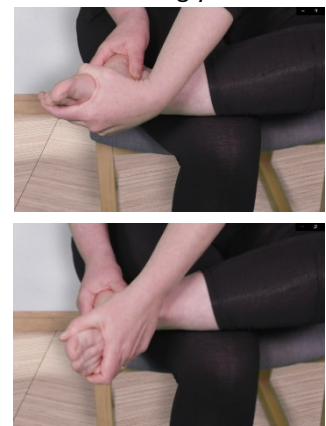
Turn ankle inwards and outwards



Turn ankle inwards and outwards using a towel



Turn ankle inwards and outwards using your hands

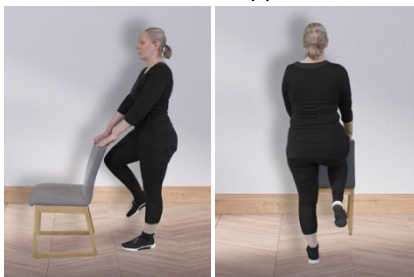


Balance exercises

Putting weight through your injured leg



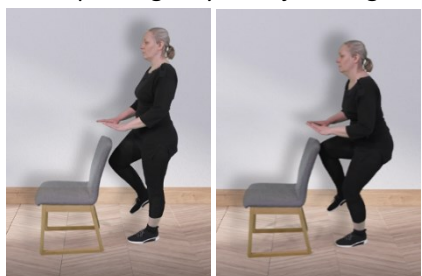
Standing on your injured leg with hands on support



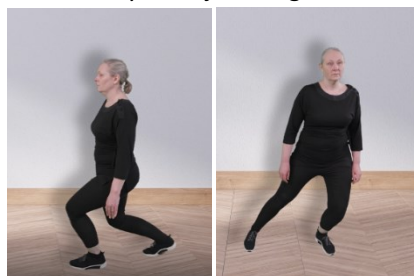
Standing on your injured leg with hands off support



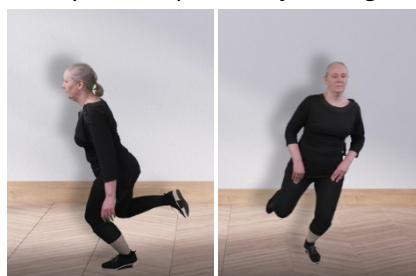
Squatting on your injured leg



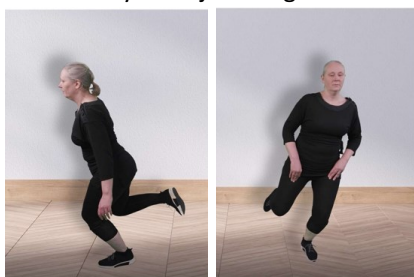
Lunging forward and sideways onto your injured leg



Dynamic squat on injured leg

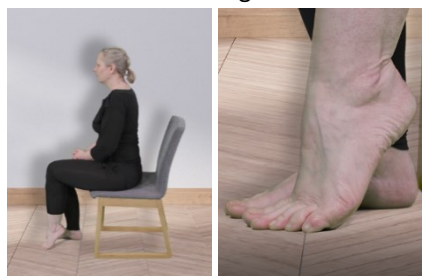


Hopping forward and sideways onto your injured leg

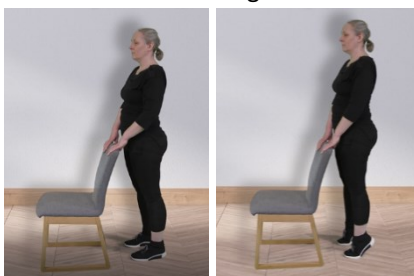


Strengthening exercises: Calf strengthening

Lifting the heel of your injured leg in sitting



Lifting the heels of both legs in standing



Lifting the heel of your injured leg in standing



Lifting heel of your injured leg from over the edge of a step



Lifting the heel of your injured leg while carrying weights in a rucksack



Lifting the heel of your injured leg from over the edge of a step while carrying weights in a rucksack



Strengthening exercises: Turning ankle in/out strengthening

Turning ankle in against resistance band

Turning ankle out against resistance band



Strengthening exercises: Leg strengthening

Standing up and down

Standing up and down working the injured leg

Squatting on the injured leg with hands on a support



Lunging backwards

Lunging backwards holding weights



Impact exercises

Jumping up and down on both legs

Jumping up and down on your injured leg

Return to running



[no picture of a model performing this exercise]

