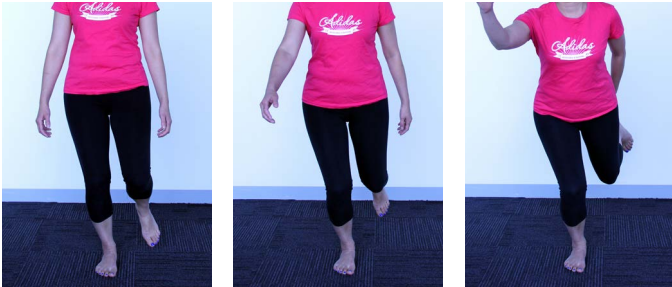
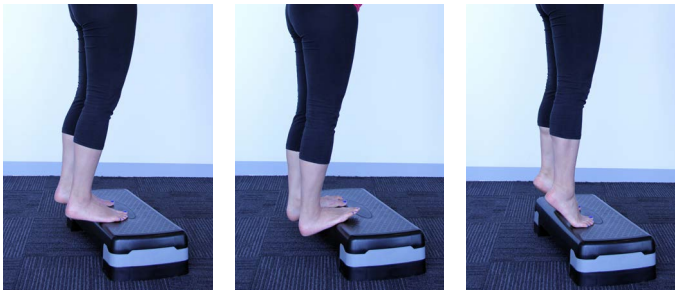
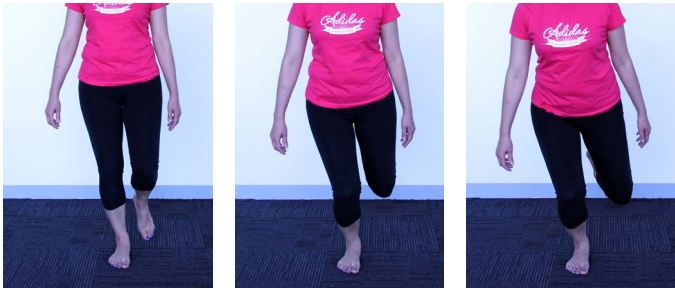
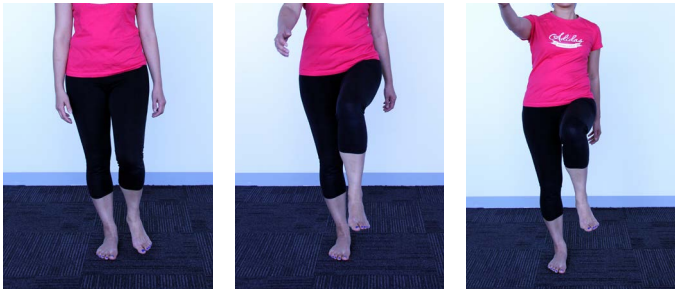
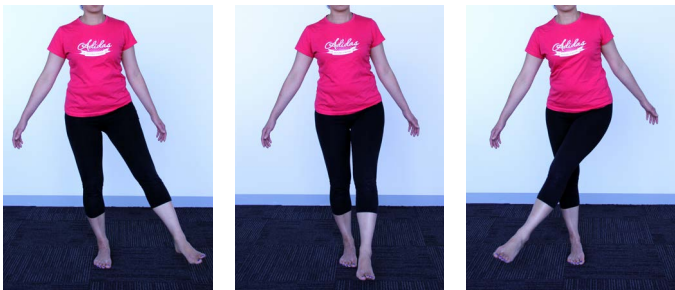


Patient instruction sheet:

8-week training program for preventing recurrent ankle sprain

Exercise	Starting position	Movement	Number	Difficulty level
1. One-legged knee flexion 	Place your body weight onto your right leg. Keeping your thighs parallel, bend your left knee and raise your left foot off the floor.	Keep your right knee centred over the ball of your foot. Bend your right knee to lower your body into a one-legged squat position while raising your left arm. Straighten your right knee and return to the starting position.	Perform two sets of 15 repetitions for each leg.	★ Perform the exercise on an even surface. ★★ Perform the exercise on an even surface with your eyes closed. ★★★ Perform the exercise on a balance board.
2. Toe raise 	Stand on a raised surface (e.g. a high step) with your feet a comfortable distance apart and your heels over the edge.	Keep your knees straight (but not locked) and your body upright. Lower your heels as much possible to get a good stretch. Rise up onto the balls of your feet, moving only your ankles. Slowly lower your heels and return to the starting position.	Perform two sets of 15 repetitions.	★ Perform the exercise on a high surface while holding on to something (e.g. wall, chair) for balance. ★★ Perform the exercise on a high surface without a handhold.
3. One-legged stance 	Place your body weight onto your right leg. Keeping your thighs parallel, bend your left knee and raise your left foot off the floor.	Keep your right knee centred over the ball of your foot. Bend your right knee to lower your body into a one-legged squat position. Hold the position for 1 minute. Change legs and repeat.	Perform three 1-minute sets for each leg.	★ Perform the exercise on an even surface. ★★ Perform the exercise on an even surface with your eyes closed. ★★★ Perform the exercise on a balance board.

Exercise	Starting position	Movement	Number	Difficulty level
4. Runner's pose 	Stand up straight with your feet 5 cm apart and your arms relaxed at your side.	Move your body weight to your right leg. Raise your left knee until your thigh is parallel to the ground while moving your right arm forward (like in a running motion). Hold this position for 8 seconds. Lower your left knee and right arm and return to the starting position.	Perform 15 repetitions for each leg.	★ Perform the exercise on an even surface. ★★ Perform the exercise on an even surface with your eyes closed. ★★★ Perform the exercise on a balance board.
5. Crossed-leg sway 	Place your body weight onto your right leg and lean forward slightly.	Keeping your left toes up, swing your left leg across in front of your right leg as far as you comfortably can. Swing your leg back to the left, again as far as comfortable.	Perform 15 repetitions (ie a swing across and back again) for each leg.	★ Perform the exercise on an even surface while holding on to something (eg a wall) for balance. ★★ Perform the exercise on an even surface without a handhold. ★★★ Perform the exercise on an even surface with eyes closed and without handhold. ★★★★ Perform the exercise on the balance board.
6. Toe walk 	Stand on the balls of your feet with your heels raised high.	Keeping your heels up the whole time: walk for 4 metres with your toes pointing forward, then 4 metres with toes pointing out (rotate from the hip), then 4 metres with toes pointing in (rotate from the hip).	Repeat the sequence (forward, toes out and toes in) three times.	★ Walk on an even surface. ★★ Jump instead of walking, on an even surface.

Record of the 8-week training program

The 8-week ankle training program consists of six exercises (described above) that you perform at home on 3 days of the week (a total of 24 sessions). Each session of six exercises takes around 30 minutes.

As the weeks progress the difficulty of the exercises increases (see the bracketed numbers on your instruction sheet). For example, for the one-legged knee flexion exercise, you should perform the exercise at difficulty level ★ 1 for the first 8 sessions. At session 9, you should progress to difficulty level ★★ 2, which suggests performing the exercise with your eyes closed.

Check the boxes to track your progress.

	Week 1			Week 2			Week 3			Week 4			Week 5			Week 6			Week 7			Week 8		
Session	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
One-legged knee flexion	★	★	★	★	★	★	★	★	★★	★★	★★	★★	★★	★★	★★	★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★
Toe raise	★	★	★	★	★	★	★	★	★	★	★	★	★★	★★	★★	★★	★★	★★	★★	★★	★★	★★	★★	★★
One-legged stance	★	★	★	★	★★	★★	★★	★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★
Runner's pose	★	★	★	★	★★	★★	★★	★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★
Crossed-leg sway	★	★	★	★	★	★	★★	★★	★★	★★	★★	★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★	★★★
Toe walk	★	★	★	★	★	★	★	★	★	★	★	★	★★	★★	★★	★★	★★	★★	★★	★★	★★	★★	★★	★★

The program was kindly provided by Evert Verhagen, VU University Medical Center, Amsterdam, the Netherlands.