

Supplementary material

In this supplementary material we provide a brief visual presentation of some of the exercises that patients will perform at home. The exercise program will begin in a rehabilitation center and continue as a home exercise program.

The entire exercise program will last for 3 months, with a frequency of 5-7 times per week. Each session will last between 30 to 45 minutes.

To improve ankle mobility and strengthening, patients will perform thera-band exercises (i.e. dorsiflexion, plantar flexion, inversion, and eversion)(**Figure S1**)and light ankle sandbags exercises(**Figure S3a**). Patients will also perform walking forward and side-wards (without obstacles and with obstacles), walking backward, and stairs up and down (**Figure S4, Figure S5**). The program also includes the use of a wobble cushion (**Figure S3b**) and single leg exercises to improve balance and ankle stability (**Figure S2, Figure S3c**).

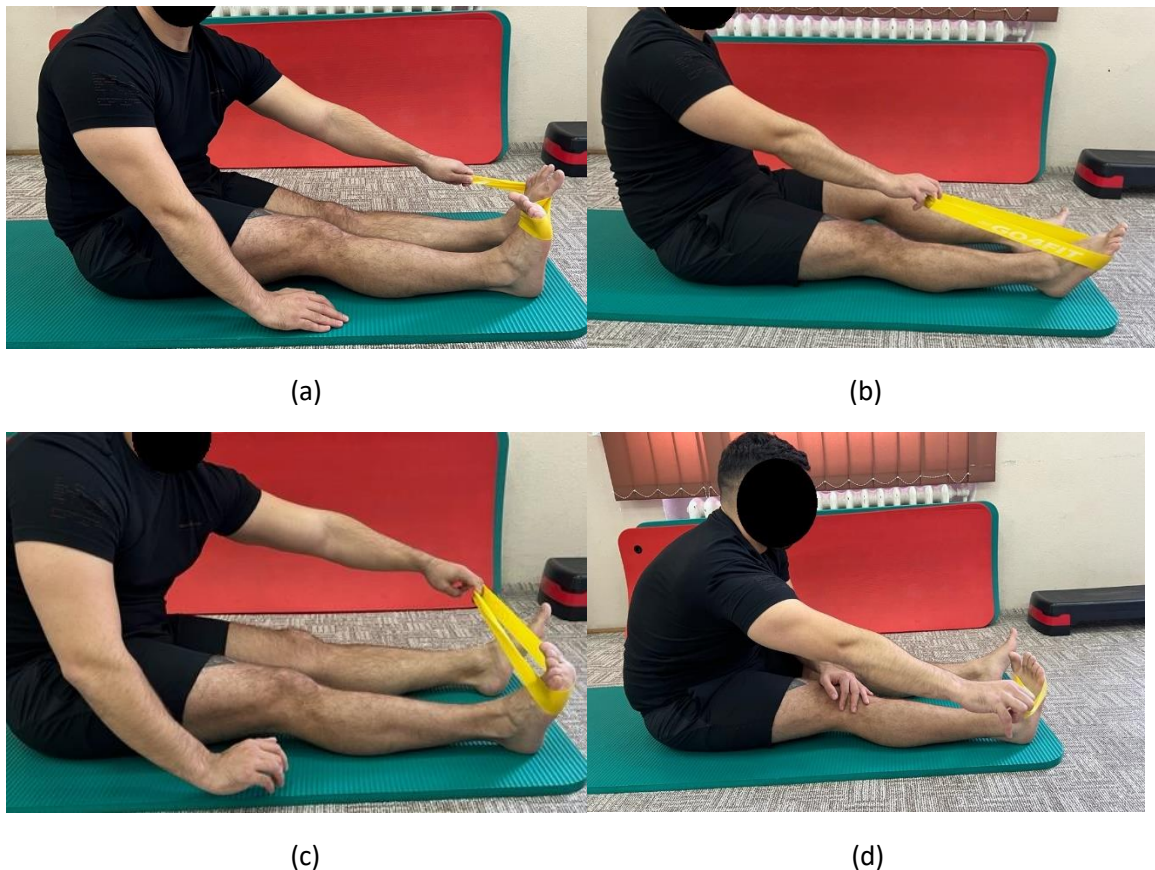


Figure S1. Subject performing thera-band exercises: (a) ankle dorsiflexion; (b) ankle plantar flexion; (c) ankle eversion; (d) ankle inversion.



Figure S2. Subject performing single leg balance with 4 way toe taps



(a)

(b)

(c)

Figure S3. Subject performing (a) light ankle sandbags exercises; (b) maintaining balance on a wobble cushion; (c) single leg plantar flexion



(a)

(b)

Figure S4. Subject (a) ascending and (b) descending stairs sideways



(a)

(b)

Figure S5. Subject (a) ascending and (b) descending stairs