

Exercise	Repetitions	Time (sec)
Active circumduction mobility (clockwise / anticlockwise)	20	60
Active PF / DF mobility	20	60
Static Muscle strengthening: EV / IN / PF / DF (with 10 second hold)	5 of each	300
Functional movement pattern (lower limb triple flexion / extension)	30	120
Triceps Surae stretch (with 20 second hold)	3	60

Note: Injured limb is on the right side. Arrows depict direction of movement/applied force.





