







Supplementary Materials File S1: Exercise program

1. Stretching program

Exercise	Implementation	Duration
	<p>-In the prone position, hip extension with maximally flexed knee joint. (15 repetitions, 3 sets)</p>	
<p>- Dynamic stretching of the quadriceps</p>		
	<p>-Repeatedly performing the movement of 90° hip joint flexion in the supine position and 90° knee joint flexion position, extending the knee to the end of the joint range of motion and holding it for 1 second (15 repetitions, 3 sets)</p>	
<p>-Dynamic stretching of the hamstring</p>		15 minutes
	<p>-In a standing position, the involved leg is straightened, and then dropping the heel down toward the floor. (15 repetitions, 3 sets)</p>	
<p>-Dynamic stretching of the gastrocnemius</p>		

2. Open and closed kinetic chain exercises

Exercise	Progress	Duration
Open kinetic chain exercises		
	<ul style="list-style-type: none">- Weeks 1-2: 10 reps, 2 sets, hold for 5 seconds- Weeks 3-4: 12 reps, 3 sets, hold for 10 seconds (resistance: green)	
- Straight leg raising		
	<ul style="list-style-type: none">- Weeks 1-2: 10 reps, 2 sets, hold for 5 seconds- Weeks 3-4: 12 reps, 3 sets, hold for 10 seconds- Weeks 5-6: additional resistance band applied to the weeks 3-4 (resistance: green)	
- Knee extension		
Closed kinetic chain exercises		
	<ul style="list-style-type: none">- Weeks 1-2: 10 reps, 2 sets, hold for 5 seconds- Weeks 3-4: 12 reps, 3 sets, hold for 10 seconds- Weeks 5-6: additional resistance band applied to the weeks 3-4 (resistance: green)	
- Double leg squat		
		35 minutes



- Forward lunge

- Weeks 1-2: 12 reps, 3 sets
- Weeks 3-4: 12 reps, 3 sets
- Weeks 5-6: additional resistance band applied to the weeks 3-4 (resistance: green)



- Sideways walking

- Weeks 1-2: 20 reps, 2 sets, hold for 5 seconds (resistance: green)
- Weeks 3-4: 12 reps, 3 sets, hold for 10 seconds (resistance: green)
- Weeks 5-6: Progression in Theraband resistance (resistance: blue)



- Single leg Romanian deadlift

- Weeks 1-2: 12 reps, 3 sets
- Weeks 3-4: 12 reps, 3 sets
- Weeks 5-6: additional resistance band applied to the weeks 3-4 (resistance: green)



- Single leg standing balance

- Weeks 1-2: 20seconds, 3 sets, with eye opened
- Weeks 3-4: 30seconds, 3 sets, with eye opened
- Weeks 5-6: additional resistance band applied to the weeks 3-4 (resistance: green)