

Supplementary Table 1. Guidelines for physical therapy used in the study.

Progression	Low (level I)	→				High (level VI)
Stability	Isolated isometric exercises.	Standing broad → small base.	Standing on two legs on an unstable base with distraction.	One leg standing on a stable base with distraction.	One leg standing on an unstable base with distraction.	
	Standing on two legs: with → without support of the hands.	Standing on two legs on an unstable base.	One leg standing on a stable base.	One leg standing on an unstable base.	Walking and exercises on a small and/or unstable base.	
Walking/ running	Walking with → without crutches.	Walking with changes in direction. Broad → small base (e.g. walking on toes or heels, walking as on a tightrope).	Jogging in a straight line	Jogging with changes in direction. Jogging → running in a straight line.	Running with sudden changes in direction and speed	Sport
	Jumping	Jumping on the place: with → without support of the hands; stable → unstable base.	Forward and backward jumping with two legs together (stable → unstable base).	Sideward jumping with two legs together (stable → unstable base). Forward jumping with two legs together and progression in height and distance (stable → unstable base).	Forward jumps from one leg to the other (stable → unstable base). Skate jumps (stable → unstable base).	Jumping on one leg
Additional	Barefooted (proprioceptive development) Daily use of tape on the lateral side of the injured lower leg Daily home exercises during a minimum of 6 weeks also Training the uninjured leg					

van Rijn RM, van Os AG, Kleinrensink G-J, *et al.* Supervised exercises for adults with acute lateral ankle sprain: a randomised controlled trial. *Br J Gen Pract* 2007; **57**(543): 793–800. ©British Journal of General Practice