

Supplementary Table 1 Home rehabilitation program

Standard home rehabilitation program for ACLR patients

	0-4weeks	4-12weeks	12-24weeks	24-36weeks
ROM	Passive motion towards up to full extension and flexion of 120°	Working towards up to flexion of 135°	Working towards up full ROM	Full ROM
Brace	Required brace while walking and sleeping	No brace	No brace	No brace
Weight bearing /gait training	Walking towards full weight bearing	Walking training without crutch	Walking training	Walking training
Exercise	Calf raise Straight leg raises Isometric contraction of thigh muscles	Quiet squat exercise Anti-resistance straight leg raises Anti-resistance flexor exercise Stationary cycling	Quiet squat exercise Anti-resistance straight leg raises Anti-resistance flexor exercise Stationary cycling Squat training protection	Begin running progress time and speed Balance activities (standing on affected leg with eyes open-closed, 2 times/day, 30 minutes/time)