

Outcome	Visit 1	2	3	4	5	6	7	8
LEFS	51/80		48	54	57	56	60	61
GROC				+4.5	+5			+6
Rest pain	2/10	2	2	2	0	0	1	0
Active pain	6/10	6	8	3	2	1	1	0
Anterior reach (cm) Pre Post		34		38 40	40.5 43	41.5 42	40.5 43	
Unilateral heel raises Pre Post	14*	10* 10*	1* 10	17* 17*	36	36		
Ankle DF (PROM) Knee straight/bent Pre Post	0/4					4/6 7/8	7/8 8/11	

*- pain stopping further repetition