Three kinematics were simulated in this study viz. Walking at different speeds, running with plant and cut (knee flexed) and plant and cut (knee extended). The nomenclatures of the files and folders are done using the following keywords.

*Plant and Cut: plantcut*

*Non-Linear Rate of strain dependent: NL*

*Running: run*

*Walking: walk*

*Plugin: IITDNL\_SoftTissue*

OSIM Model folder: This folder contains the OSIM models used for replicating the results.

Plugin folder: Contains the source files for installing the plugin in OpenSim®. Instructions for installation is provided in the path.

Video File folder: Contains the video files of the kinematics.

Motion Files: Contains the kinematic files for simulation.

Output Files: Contains results after analysis of the kinematics.