

## **Achilles Tendonitis Protocol**

### **GOALS:**

- Reduce pain and inflammation
- Maximize ROM/flexibility of gastrocnemius
- Maximize strength of gastrocnemius
- Normalize gait pattern with/without assistive device
- Educate client in home exercise program and self-management techniques
- Return to ADL's/recreational/occupational activities

### **PHASE I – Maximal Protection Phase**

- Use assistive device as necessary to normalize gait pattern
- Use walking boot/heel cup to reduce stress on Achilles (physician determined)
- Anti-inflammatory/pain modalities (iontophoresis etc)
- AROM exercises/gentle flexibility exercises
- Advise in ADL's/home exercise program/self-management techniques

### **PHASE II – Moderate Protection Phase**

- D/C assistive device and/or boot/heel cup when gait pattern has normalized
- Continue anti-inflammatory modalities prn
- Begin soft tissue massage as indicated
- Progress ROM exercises/flexibility exercises (rope stretch → wall stretch → incline board)
- Initiate strengthening (theraband → 2 leg toe raises → single leg toe raises)
- Initiate pilates footwork exercises on shuttle (low resistance)
- Initiate endurance exercises:
  - Stationary cycling (high seat, low resistance)
  - Swimming
  - Stairmaster
  - Treadmill

### **PHASE III – Minimal Protection Phase**

- Continue ROM and flexibility exercises
- Progress strengthening (isotonics/isokinetics)
- Progress endurance activities and begin form running/jogging as tolerated
- Initiate agility/plyometric/return to sport program
- Educate client in HEP and appropriate time-table for return to sport/recreational/occupational activities



Home to the Texas Rangers