

Achilles Tendonitis Protocol

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Phase one (acute phase):

Goals = Resting pain 0/10

- Edema management
- Full AROM in NWB
- Maintain optimal tissue healing environment
- Minimize secondary impairments
- 1. RICE
- 2. Patient education in etiology of symptoms
- 3. Ice massage to Achilles tendon
- 4. ESTIM, ionto, pulsed ultrasound prn
- 5. NSAIDs
- 6. Transverse friction massage
- 7. AROM in pain-free tolerance for DF/PF/invert/evert
- 8. Quadriceps/Hamstrings Strengthening in OKC
- 9. Recumbent bike as tolerated in pain-free ranges
- 10. Consider footwear
- 11. FWB as tolerated
- 12. Theraband OKC ex's for DF/PF/invert/evert as tolerated in pain-free levels

Phase two (restorative phase):

Goals = Pain <3/10

- Restore gait
- Full pain-free A/PROM in weight-bearing
- Return to sport/function at full or modified level
- 1. Continue phase one exercises, progressing as tolerated
- 2. Continue modalities prn
- 3. Continue transverse friction massage prn
- 4. Joint mobilization: Grades 1/2 for pain, 3/4 for ROM, prn
- 5. PROM into restricted ranges as allowed in pain-free tolerance
- 6. Heel cord stretching:
 - Towel stretch → wall stretch → stool stretch / prostretch
- 7. Stationary bike / Stairmaster
- 8. CKC ex's
 - Standing heel raise bilateral → unilateral
 - Wall slides
 - Step ups: fwd and lateral
 - Leg press
 - Lunges without → with pushoff
- 9. Proprioception / Balance
 - BAPS progression
 - Unilateral balance
 - Braiding / agility
- 10. Gait Training to control pronation and achieve adequate pushoff
- 11. Sport-specific / Functional training