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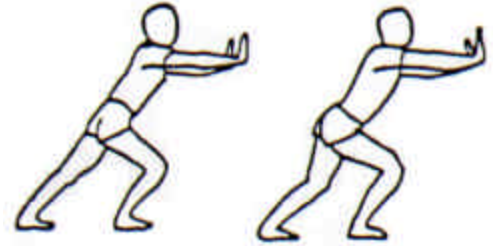
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Achilles Tendinitis Rehabilitation

Phase I

- Ice massage before and after exercise and as often as possible between exercise sessions.
- 1/4" - 3/8" heel lifts worn in shoes. Wear in all shoes.
- Non-steroidal anti-inflammatory (NSAID) medication as prescribed by physician.
- Ultrasound Achilles region while stretching Achilles Tendon.
- Static Calf & Achilles Tendon stretching 5 - 8 times daily. Hold each stretch for 10 seconds and repeat 5 - 8 times per session.
- Stationary bicycle or swimming are excellent rehabilitative and cardiovascular exercises. Build up to 30 minutes of continuous pain free activity.



Progress to Phase II when a 20 yard walk can be completed with little or no discomfort.

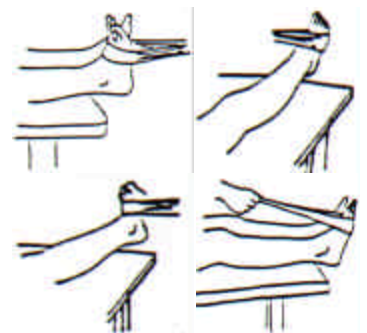
Phase II

- Ice Massage before and after exercise
- Continue stretching 5 - 8 times per day as described above.
- Continue NSAIDs as prescribed by a physician.
- Begin strengthening exercises:

Theraband® Exercises: Perform 3 sets of 10 repetitions in each direction. Progress by increasing repetitions to 3x15, then to 3x20. Theraband® can be attached to an immovable object or held by another person.

Inversion: Loop band over ball and instep of foot. Turn ankle & foot (not leg) inward as far as possible. Repeat 30 to 60 times one time daily.

Eversion: Loop band over outside edge of foot just below the toes. Turn ankle & foot (not leg) outward as far as possible. Repeat 30 to 60 times one time daily.



Dorsiflexion: Loop band over top of foot at base of toes. Pull foot and toes up toward shin as far as possible. Repeat 30 to 60 times one time daily.

ABC's: Loop band around ball and sole of foot while holding ends of the band. Write ABC's with, moving only foot and ankle, as in #1. Perform 1 to 2 sets of the alphabet one time daily.

CALF RAISES: Stand with feet shoulder width apart and toes pointed forward. Left heels off of the floor as high as possible. Slowly lower heels to the floor and repeat as described below.



	Week 1	Week 2	Week 3	Week 4
Monday - Tuesday	3 x 10	3 x 10	3 x 10	3 x 10
Wednesday - Thursday	3 x 15	3 x 15	3 x 15	3 x 15
Friday - Saturday	3 x 20	3 x 20	3 x 20	3 x 20
	Both Legs	2 Legs, Toes Elevated	1 Leg	1 Leg, Toes Elevated

Progress to Phase III when 3x20 heel raises can be completed with little or no discomfort.

Phase III

- A. Continue ice massage before and after exercise.
- B. Continue NSAIDs as directed by physician.
- C. Continue Ultrasound as directed by physician.
- D. Continue calf and Achilles Tendon stretching.
- E. Continue heel raises.
- F. Begin light jogging on flat, smooth surface and progress in distance or time as pain allows.
- G. Progress to normal activities when 3x20 one leg elevated heel raises and a 40 yd jog can be completed without pain within 24 hours after activity.
- H. Continue rehabilitation activities for 1 - 3 months after returning to full activity.