

Name _____
 Therapist _____
 Physician _____



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Achilles Tendonosis

*Tendon continues to improve up to 1 year, so HEP will be very important for these patients

Phase 1 – PAIN & INFLAMMATION RELIEF

- Goals:** Management and protection of inflamed tissues
 Reduce inflammation
 Normalize gait
- Immobilization:** Potential shoe modification, boot, heel lift, based on level of inflammation per physician discretion
- Key Exercises:** Instrumented soft tissue mobilization gastroc, soleus, Achilles tendon
 Iontophoresis, dry needling
 Gastrocnemius and Soleus stretching open chain, AROM
 Open chain proprioception drills, BAPS
 Initiate eccentric exercise and concentric with theraband within limited DF ROM
 Address core/hip/knee strengthening as appropriate
 Maintain strength of general ankle musculature, including intrinsics
- Exercise Precautions:** Mid-substance
 Avoid overstretching
 Maintain level of immobilization per physician instruction
- Insertional
 Avoid overstretching
 Maintain level of immobilization per physician instruction
 Avoid closed chain exercises past neutral dorsiflexion
 Avoid eccentric exercises past neutral dorsiflexion

Criteria to progress to Phase II:

- Able to walk in regular shoes, normal gait pattern, pain free
- Able to perform 10 double leg heel raises < 5/10 pain
- Symmetrical dorsiflexion ROM

Phase II – STRENGTHENING

- Goals:** Eccentric strengthening without increasing inflammation
 Normalize soft tissue mobility and flexibility
- Exercises:** Cycling/walking as tolerated (level surface)
 Initiate and progress SL stance as tolerated
 Progress to SL eccentric as tolerated with knee bent and straight
 Initiate quick rebound heel raises
 Initiate and progress balance
 Continue to address core/hip/knee weakness
 Squatting and lunging exercises

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**Patient
Flow Sheet**

Criteria to Progress to Phase III:

- Pain free with all exercises
- Symmetrical anterior reach with Y Balance
- 30 SL heel raises pain free
- SL squat 1 minute pain free

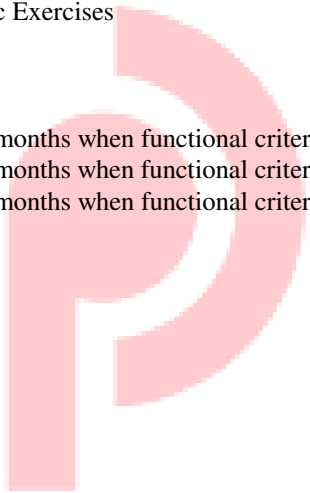
Phase 3 – RETURN TO SPORT

Week 12-20

- Initiate jogging when pain free (level surface)
- Initiate sport cord activities
- Initiate plyometric activities
- Initiate agility ladder activities
- Initiate cutting/pivoting activities
- Sport-Specific Exercises

Return to Activities

- Running Between 3-6 months when functional criteria met
- Golf Between 2-3 months when functional criteria met
- Pivoting/cutting sport Between 4-8 months when functional criteria met



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