

Achilles Tendonitis Rehab Protocol: Non-Operative

Core Rehabilitation Guidelines

- Ice massage and baths as needed
- NSAIDs to control pain and swelling
- Progress ankle ROM active, active assisted, passive
- Work on flexibility/stretching
- Progress to isokinetics in all planes
- Isometrics and isotonics in all planes
- Proprioception training, BAPS
- Advance to lateral step-ups, sport-cord and Euroglide