



Rehabilitation Protocol for Achilles Tendinitis

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

PHASE I (Weeks 0-2)

- Avoid sports activities if pain or swelling is present
- Heel lift insert as necessary for pain
- Exercises to be done without pain:
 - Theraband exercises 1-2 times/day: flexion, eversion, dorsiflexion, inversion
- Ice for 20 minutes post-exercise

PHASE II (Weeks 2-6)

- Light pain-free activity – avoid strenuous sports activities
- Exercises 1-2 x per day: 5 days per week, 2 days on 1 day off
 - Two-leg toe raise x 10
 - Up on both legs, down on affected leg x 10
 - Two-leg toe raise x 10
- Ice for 20 minutes post-exercise
- Initiate stretching exercises if pain free: calf stretch, tilt board stretch, dorsiflexion stretch

PHASE III (Weeks 6-12)

- **Weeks 6-8**
 - Remove heel lift
 - Exercises:
 - Two-leg toe raise x 10
 - Up on both legs and down on affected leg x 10
 - Up and down on affected leg x 10
 - Two-leg toe raise x 10
- **Weeks 8-10**
 - Increase toe raise on affected leg to 2 sets

PHASE IV (10 Weeks - Beyond)

- Increase toe raise on affected leg to 3 sets
- Increase dynamic weight-bearing exercise – plyometric training
- Sport-specific training
- Work to restore strength, power, endurance
- Gradual return to sports activity

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____