



REHABILITATION GUIDELINES
NON-OPERATIVE TREATMENT OF ACHILLES TENDONITIS

- Heel cord stretching to be done
 - AM before getting out of bed
 - In the afternoon
 - Before bed
 - After any period of prolonged sitting
- Phonophoresis or iontophoresis
- Eccentric gastroc/soleus strengthening progressing from NWB to WB positions
- Manual work to release tension and restore normal biomechanics