

ActivFit Physiotherapy

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Achilles Tendon Rehabilitation

Immediately when acute PRICE, ie rest, ice, compression, elevation, protect with strapping before leaving game or crutches if needed. Anti-inflammatories as prescribed.

Date of Injury

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Day 1-3 rest with limited walking with heel raise to protect tendon, active exercises of inversion, eversion, flexion and extension, circumduction (circles both ways).

Day performed

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Day 3-7 physiotherapy session to assess tendon and ankle and monitor program, massage mobilisation, increased activity walking, cycling; Theraband exercises, balance exercises progressing to eyes shut, rotating body, catching balls etc, gentle graduated calf muscle stretches with knee bent and straight 5x10 sec

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Day 5-9 increase walking speed to slow jogging as pain allows, strong calf stretches holding up to 3-5x1 minute, Slump nerve stretches, 3x20 sec, peroneal muscle stretches and nerve stretches 3x20 sec, complex balance exercises

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Progress wean off heel raise, maintain **firm** massage hopping front to back then side to side as pain allows increase jogging speed to 80% Add swerve running slow to fast Circle running both directions Figure 8 running to sprints figure 8 around goal posts Weights at gym, calf raises 3x12 1x50 full calf 'burn' Return to full training for at least 2 full contact sessions prior to return game **ALWAYS ICE AFTER REHAB/SPORT**

Tape ankle as needed after return to sport and wean off as required. Always stretch calf, wobble board and hops to warm up prior to taping.

If tendonitis becomes chronic you may have residual weakness and mechanical irritation of the nerves in the area, and are overdoing it.

REST FROM PROVOKING SPORTS

As Above for acute rehab to prepare the tendon for stronger treatment

NOW PERFORM DAILY

Deep massage for 3-5 minutes

Stretch for 5x1 minute on 45degree box/slope

Calf raise 3x 30 maximum lifts (strong calf burn)
Eccentric and Concentric, 2 legs --> single leg

Slump stretches 5x 30 sec

Ice cube massage 5 mins

Cross train in pool or bike if not too severe

Heel raise during day to protect

Strassburg Sock at night to stretch out scarring

Orthotic and shoe prescription to protect the tendon

Be Patient as it may take 6-12 weeks to strengthen