



## ACHILLES TENDINITIS/ PERITENDINITIS

### DIAGNOSIS

1. X-RAY INCLUDES SOFT TISSUE WINDOW
2. MRI
3. POSSIBLE LABORATORY WORK-UP

### HOME PROGRAM

1. ACTIVITY MODIFICATION
2. ICE MASSAGE
3. NSAID
4. CONTRAST BATHS (IF SWELLING)
5. HEEL LIFTS
6. NEW SHOES
7. STRETCHING ( TWO POSITIONAL ACHILLES)
8. CRUTCHES
9. REMOVABLE CAST

### BIOMECHANICAL CORRECTION

1. FUNCTIONAL FOOT ORTHOSES
2. TRAINING TECHNIQUES

### PHYSICAL THERAPY

1. ELECTRICAL GALVANIC STIMULATION WITH CONTRAST BATHS
2. ULTRASOUND
3. DEEP FRICTION MASSAGE
4. PROGRESSIVE STRETCHING AND STRENGTHENING PROGRAM
5. GRADUAL INCREASE IN ACTIVITY

### BELOW THE KNEE CASTING

1. MAY BE REMOVABLE

### SURGICAL INTERVENTION

1. TENOLYSIS
2. TENDON EXPLORATION
3. RETRO-CALCANEAL EXOSTECTOMY