



Diplomate American Board of Podiatric Surgery Fellow American College of Foot Surgeons Member of the American Podiatric Medical Associati

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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