

## **Achilles Tendinosis**

### **Acute Achilles Tendinosis Management:**

- Protection: unloading of the tendon with a heel lift 12-15mm or taping into plantar flexion, using assistive devices for protected weight bearing to weight bearing as tolerated gait
- Modalities to control inflammation: ice, ultrasound (pulsed or phonophoresis), iontophoresis, galvanic stimulation
- Early exercise: non-impact (swimming, bike, stretches and ROM)
- Soft tissue mobilization
- Patient education: activity modification to prevent re-injury

### **Alfredson Protocol (AJSM, 1998)**

- Eccentric Stretching
  - With knee straight/fully extended:
    - 3x15 repetitions
    - Twice daily for 6-12 weeks
    - Raise heel with 2 legs and lower heel with one leg initially and then progress to single leg heel rise
  - With knee bent to 45 degrees:
    - 3x15 repetitions
    - Twice daily for 6-12 weeks
    - Raise heel with 2 legs and lower heel with one leg initially and then progress to single leg heel rise
- Gastrocnemius stretches if contracture present