

Physical Therapy Prescription

Diagnosis:

Achilles Tendonitis

Foot/Ankle Physical Therapy

- ROM and stretching right foot and ankle.
- Strengthening program for gastrocnemius-soleus complex using Therabands.
- Eccentric strengthening program for the gastrocnemius-soleus.
- Instruct in home strengthening program to be performed daily using Therabands.
- Modalities PRN.

Please use Dry Needling and Graston techniques as needed.

- Home exercise program.
- Iontophoresis and Graston technique as needed

Frequency/Duration: 2- 3 times per week for 6 weeks