



Ultrasound-guided Tenotomy/PRP Protocol: Achilles Mid-Portion Tendinopathy

TIME	GOALS	PRECAUTIONS/RESTRICTIONS	TREATMENT
Week 0 – 1	• Protect affected site • Reduce pain and swelling • Safe use of crutches	• No use of NSAIDs or ice for 4 weeks • NWB with crutches in CAM boot	• Rest • Begin gentle active ankle ROM • Gait training with crutches • Initial visit: Complete Research App • BFR-0-2 weeks
Weeks 1 – 2	• Reduce pain and swelling • Restore active ankle ROM • Minimize muscle atrophy • Progress weight bearing	• No use of NSAIDs or ice for 4 weeks • PWB with crutches in CAM boot (pain limited)	• Rest • Continue gentle active ankle ROM • Begin core strengthening • Initiate lower limb strengthening in NWB • Gait training for PWB with crutches • Upper Body Aerobic and Strength Exercises
Weeks 2 – 4	• No pain or swelling • Full, active ankle ROM • Continue weight bearing progression • Restore normal joint mechanics • Increase tendon tolerance to daily activities	• No use of NSAIDs or ice for 4 weeks • Week 2: WBAT, CAM boot for community ambulation • Avoid Painful exercises with pain >4/10	• Continue active ankle ROM as needed • Joint mobilizations as needed • Initiate gentle ankle dorsiflexion stretching • Begin isometric ankle strengthening • Core strengthening • Lower limb strengthening PWB Ø>Üj WBAT • Gait training for WBAT in CAM boot without crutches • Begin non-impact aerobic exercise (stationary bike, UBE, • Anti-gravity treadmill for walking gait/Pool
Weeks 4 – 6	• Full, active ankle ROM • Normalize, independent walking gait • Progress ankle strengthening exercises • Initiate balance/proprioception • Begin functional activities	• Avoid abrupt increases in tendon stress with exercise, lifting, or impact activity • Avoid high impact/intensity exercise such as running, jumping, and heavy weight lifting	• Progressive ankle strengthening with resistance bands • Gait training progressing to independent • Global lower limb strengtheningFunctional strengthening exercises (bridge, mini-squat, step up) • Functional strengthening exercises (bridge, mini-squat, step up) • Double and single limb balance/proprioception • Core strengthening • Aerobic training: Walking program when walking with normal gait mechanicsStationary bike • Walking program when walking with normal gait mechanics • Stationary bike • Week 4: Complete Research App



TIME	GOALS	PRECAUTIONS/RESTRICTIONS	TREATMENT
Weeks 6 – 8	• No pain with ADLs • Increase intensity of ankle strengthening exercises • Pain-free 5/5 ankle DF and PF strength with MMT • Focus on return to sport activities	• Avoid painful activities/exercises of pain >4/10	• Increase loading capacity for lower limb strengthening exercises/Core exercises • Continue balance/proprioceptive training • Begin double and single limb strengthening on leg pressMulti- to single joint (press Ø>Üj heel raise) • Multi- to single joint (press Ø>Üj heel raise) • Plyometric, agility, and work/sport-specific training • Gradual return to work/sport progression

Single Leg Heel Raise Test

- May perform prior to initiation of running program to determine strength of ankle plantarflexors