- 6. Strengthening: Isometric inversion/eversion, dorsiflexion/plantarflexion two sets of 10 repetitions to progress to 2 sets of 20 reps over the course of week 3; begin light band resisted inversion, eversion, dorsiflexion and plantarflexion, 2 sets of 10 repetitions. Prone knee flexion, 2 sets of 20 repetitions.
- 7. Cryotherapy
- 1. Weight bearing to full in boot with heel lift
- 2. Gentle cross fiber massage to Achilles tendon
- 3. Ultrasound, phonophoresis, electrical stimulation used to decrease inflammation and scar formation
- 4. Stationary bike up to 20 min. with minimal resistance and aqua therapy as outlined in week 3
- 5. Gentle stretching of Achilles tendon with towel or in standing (if limited to less than neutral position only). Stretch with knee extended and flexed to 40°.
- 6. Strengthening: Isometric exercise as on week 3; increase resistive band exercise for plantarflexion, dorsiflexion, inversion and eversion, 3 sets of 20 repetitions.
- 7. Hamstring curls to facilitate gastrocnemius muscle without flexing the ankle. May be done in prone or standing with light resistance, 3 sets of 20 repetitions.
- 1. * Patient progresses from boot to shoe with heel lift
- 2. Stationary bike without boot and with progressive resistance
- 3. Gentle stretching exercise to neutral ankle position
- 4. BTE PROM, isometric and isotonic exercise
- 5. Weight shifting and unilateral ba

- 8. Total gym with increased angle for heel raises and short arc squats. Begin unilateral eccentric plantarflexion exercise.
- 9. Short arc squats in standing
- 10. Hamstring curls (progressive resisted exercise- PRE)
- 11. Progress to standing heel raises using uninvolved LE to assist involved LE.
- 12. Progress to standing balance exercise in tandem and then single leg support
 - use perturbation to increase difficulty
 - dose eyes
- 13.