

PRP Injection Achilles Rehabilitation Program

Days 1-3:

- Protected activities for 1-3 days
- Limited activities for 7-10 days
- PWB with crutch (2 crutches- physician will determine based on severity of lesion) 3 days (may consider heel lift to assist in biomechanical advantage of gastroc-soleus)
- Light ROM of ankle and foot day 2-3
- Intrinsic strengthening (towel gathers, marbles, etc) day 2-3

Days 4-7:

- WBAT with crutch (or 2 crutches)
- Initiate stretching of gastroc soleus and Achilles
- Initiate 4 way ankle strengthening with elastic band
- Continue intrinsic strengthening of foot
- Initiate hip abduction, and hip ER strengthening
- May apply soft tissue mobilization
- May initiate laser therapy to Achilles tendon
- Modalities to the elbow as needed: laser, heat, electrical stimulation

Days 8-14:

- Continue all exercises listed above
- Progress slow resistance muscle training – concentric
- Day 10: initiate eccentric training for gastroc- soleus with elastic band in non-wt bearing
- Discontinue crutch when safe & painfree ambulation

Days 15-28:

- Initiate eccentric training for gastroc-soleus in a WB position (toe calf raises)
- Continue stretching for Achilles tendon
- Continue soft tissue techniques to the Achilles tendon
- Continue modalities listed above

Days 28 >:

- Gradual return to functional activities (non-painful and normal movements)
- May initiate pool running, swimming, weight bearing controlled treadmill running
Gradually increase body weight onto lower extremity based on signs & symptoms
- Continue eccentric training
- Continue stretching
- Continue soft tissue techniques
- Modalities as needed

Weeks 4-6:

- Gradually return to running & sports based on clinical exam
- Continue stretching, eccentric strengthening & modalities as needed