

Foot and Ankle Non-Operative Physical Therapy

Please evaluate and treat.

Recommended Sessions:

_____ / week for _____ weeks

_____ Plantar Fasciitis R / L

- Achilles tendon stretching exercises (AAROM)
- Plantar Specific Stretching
DiGiovanni JBJS 85(7) 2003

_____ Achilles Tendinopathy R / L

- Achilles tendon stretching exercises (AAROM)
- 0.25 inch heel lifts
- Eccentric Stretching
Alfredsen AJSM 26(3) 1998

_____ Post. Tib. Tendinitis R / L

- Gastrocs/peroneal stretching exercises (AAROM)
Alvarez RG et al. Foot Ankle Int 27(1) 2006
- Hindfoot Mobilization
- Post. Tibial Conditioning

- | | |
|--|--|
| <input type="checkbox"/> General ankle strengthening | <input type="checkbox"/> Scar Mobilization |
| <input type="checkbox"/> Avoidance maneuvers | <input type="checkbox"/> Desensitization |
| <input type="checkbox"/> Gait Training | |
| <input type="checkbox"/> Edema Control | |
| <input type="checkbox"/> Soft Tissue Mobilization | |
| <input type="checkbox"/> Joint Mobilization | |
| <input type="checkbox"/> Modalities as Indicated | |
| <input type="checkbox"/> Home Exercise Program | |

_____ Acute Ankle Sprain R / L

- Peroneal strengthening
- Balance and proprioceptive training
- Ankle stretching exercises
 - Avoid inversion

_____ Chronic Ankle Instability R / L

- Peroneal strengthening
- Balance and proprioceptive training
- General ankle conditioning
- Ankle stretching exercises
 - Avoid inversion

_____ Forefoot: R / L

Dx: _____

- Achilles Stretching
- Soft tissue mobilization
- Joint Mobilization: _____
- Strengthening
- Balance and proprioception

Other Dx: _____

- _____
- _____
- _____
- _____

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