



BRIGHAM AND WOMEN'S HOSPITAL FOOT AND ANKLE CENTER

RX for Non-Operative Physical Therapy

Recommended sessions: _____ / week for _____ weeks

_____ **Plantar Fasciitis** R / L

- ❖ Achilles Tendon Stretching Exercises (AAROM)
- ❖ Plantar Fascia Stretching Exercises (AAROM)
 - DiGiovanni BF, et al. JBJS 85(7): 1270-77, 2003

_____ **Acute Ankle Sprain** R / L

- ❖ Peroneal Strengthening
- ❖ Proprioceptive Exercises
- ❖ Ankle Stretching Exercises
 - (AAROM- avoid inversion)

_____ **Achilles Tendinopathy** R / L

- ❖ Achilles Tendon Stretching Exercises (AAROM)
- ❖ 0.25in Heel Lift
- ❖ Eccentric Stretching
 - Alfredson, H et al. AJSM. 26(3):360-6, 1998.

_____ **Post. Tib Tendon Dysfunction** R / L

- ❖ Gastrocnemius/Peroneal Stretching Exercises
 - Alvarez RG, et al. Foot Ankle Int. 27(1):2-8,
- ❖ Hindfoot Mobilization
- ❖ Post. Tib Tendon Conditioning

_____ **Chronic Ankle Instability** R / L

- ❖ Peroneal Strengthening
- ❖ Proprioceptive Exercise
- ❖ General Ankle Conditioning
- ❖ Ankle stretching Exercises (avoid inversion)
- ❖ Peroneal Eccentric Strengthening

_____ **Forefoot:** R / L

Dx: _____

- ❖ Achilles Stretching
- ❖ Soft Tissue Mobilization
- ❖ Joint Mobilization: _____
- ❖ Strengthening
- ❖ Balance and Proprioception

OTHER DIAGNOSIS: _____

- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____

Christopher Miller MD
Brianna Whitehouse PA-C

Date

- General Ankle Strengthening
- Avoidance Maneuvers
- Gait Training
- Soft Tissue Mobilization
- Joint Mobilization
- Edema Control
- Scar Massage
- Modalities as Indicated.
- Desensitization
- Home Exercise Program