

Dr. Pathik Shah

Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon

DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
Fellowship in Joint and Trauma (Mumbai)
Diploma in Football medicine (FIFA)

ANKLE PHYSICAL THERAPY PRESCRIPTION

Diagnosis: Achilles Tendonitis

- Ice Massage / Ice Bath / Whirlpool
- Anti-Inflammatory Modalities
- Range of Motion: Active / Active-Assisted / Passive
- Flexibility
- Compression – Aircast / Jobst Intermittent Compression
- Isometrics for Inversion / Eversion – Progress to Isokinetics and Isotonics
- Isotonics for Plantar / Dorsiflexion
- Proprioception training, BAPS
- Advance to Lateral step-ups, Sport-cord, Euroglide