

**STEPHAN J. SWEET, M.D., M.P.H.**  
A Professional Corporation  
Sports Medicine, Arthroscopy, & General Orthopedic Surgery

**PHYSICAL THERAPY PRESCRIPTION**

DIAGNOSIS: (LEFT/ RIGHT)

DATE \_\_\_\_\_

**ACHILLES TENDONITIS PHYSICAL THERAPY PRESCRIPTION**

\_\_\_IceMassage/IceBath/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

\_\_\_Eccentric training for Gastroc-soleus-complex

\_\_\_Isotonics for Plantar/Dorsiflexion

\_\_\_ Proprioception training, BAPS

\_ Advance to Lateral step-ups, Sport-cord, Euroglide

Treatment: \_\_\_\_\_ times per week                      \_\_\_\_\_ Home Pro-

gram Duration: \_\_\_\_\_ weeks

\*\*Please send progress notes.

Physician's  
Signature: \_\_\_\_\_

Stephan J. Sweet, M.D., M.P.H.