

Download Treat Your Own Achilles Tendinitis Pdf

Maintain a healthy weight. Extra weight adds stress to the Achilles tendons and may contribute to serious injuries. Proper diet and exercise can help keep off unwanted weight and allow you less stress and greater flexibility as you exercise and throughout your daily activities. You have made great progress. my doc won't send me to PT until boot comes off - at around 11 weeks. I walk at home without the boot, but not confident to go outside or on stairs without it. Online Continuing Education Courses for physical therapists - PT, Occupational Therapists - OT, Occupational Therapy Assistants - COTA, physical therapy assistants - PTA and Athletic Trainers - ATC. These online, PDF, Software DVD based Continuing Education courses contain evidence rehab information from the top professionals in the world ...+ Expand Transcript. Further information. Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.