Posterior Tibialis Tendon Exercises

Sit with knee straight and towel looped around involved foot. Gently pull until stretch is felt in calf.

Hold _____ seconds.
Perform ____ sets per session.
Perform ____ sessions a day.

Sit with knee bent and towel looped around involved foot. Gently pull until stretch is felt in calf.

Hold _____ seconds.
Perform ____ sets per session.
Perform ____ sessions a day.

With knee straight, place foot against wall as shown. Lean forward until stretch is felt in calf.

Hold _____ seconds.
Perform ____ sets per session.
Perform ____ sessions a day.

With knee bent, place foot against wall as shown. Lean forward until stretch is felt in lower calf.

Hold _____ seconds.
Perform ____ sets per session.
Perform ____ sessions a day.

Attach theraband to secure object. Loop theraband around forefoot. Without moving your leg, pull theraband up towards shin.

Perform ____ reps per session.
Perform ____ sessions a day.

Attach theraband to secure object. Loop theraband around forefoot. Without moving your leg, push theraband down towards the floor.

Perform ____ reps per session.
Perform ____ sessions a day.

Attach theraband to secure object. Loop theraband around forefoot. Without moving your leg, pull theraband in away from secure object.

Perform ____ reps per session.
Perform ____ sessions a day.

Attach theraband to secure object. Loop theraband around forefoot. Without moving your leg, pull theraband out away from secure object.

Perform ____ reps per session.
Perform ____ sessions a day.
Place towel on floor. Keeping heel on floor, use toes to pull towel towards you.

Perform ____ reps per session.
Perform ____ sessions a day.

Sit in chair with feet flat on floor. Raise heels off floor, keeping toes on floor.

Perform ____ reps per session.
Perform ____ sessions a day.

Sit in chair with feet flat on floor. Raise toes off of floor, keeping heels on floor.

Perform ____ reps per session.
Perform ____ sessions a day.

Sit in chair with feet flat on floor. Raise heels off floor, keeping toes on floor.

Perform ____ reps per session.
Perform ____ sessions a day.

Part I: sit off table or chair with feet off ground. Keep heels together.

Part II: While keeping heels together, actively bring soles of feet together. Return to starting position and repeat.

Hold _____ seconds.
Perform ____ sets per session.
Perform ____ sessions a day.

Standing with both feet flat on floor, push up on balls of feet. Return to start position.

Perform ____ reps per session.
Perform ____ sessions a day.

Balance on involved foot only. Push up on ball of foot. Return to start position.

Perform ____ reps per session.
Perform ____ sessions a day.

Stand on involved foot only. Attempt to balance on that foot only. Eyes open progress to eyes closed.

Hold _____ seconds.
Perform ____ sets per session.
Perform ____ sessions a day.

Walk on toes. ____ steps, or ____ secs.

Part: Right foot only.

Part II: Left foot only.

Hold _____ seconds.
Perform ____ sets per session.
Perform ____ sessions a day.

Courtesy of Vanderbilt Sports Medicine