



Sports Medicine & Shoulder Surgery

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.

Peform ____ 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.

Peform ____ 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.

Peform ____ 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.

Peform ____ 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.

Peform ____ 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.

Peform ____ 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.

Peform ____ 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.

Peform ____ sessions a day.



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Place towel on floor. Keeping heel on floor, use toes to pull towel towards you.

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

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

Perform ____ reps per session.

Perform ____ reps per session.

Perform ____ reps per session.

Peform ____ sessions a day.

Peform ____ sessions a day.

Peform ____ sessions a day.



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

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

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

Walk on toes. ____ steps, or ____ secs.

Perform ____ reps per session.

Perform ____ reps per session.

Hold ____ seconds.

Perform ____ sets per session.

Peform ____ sessions a day.

Peform ____ sessions a day.

Perform ____ reps per session.

Peform ____ sessions a day.

Peform ____ 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.

Peform ____ sessions a day.