



**ORTHOPEDIC
ASSOCIATES
of HARTFORD**

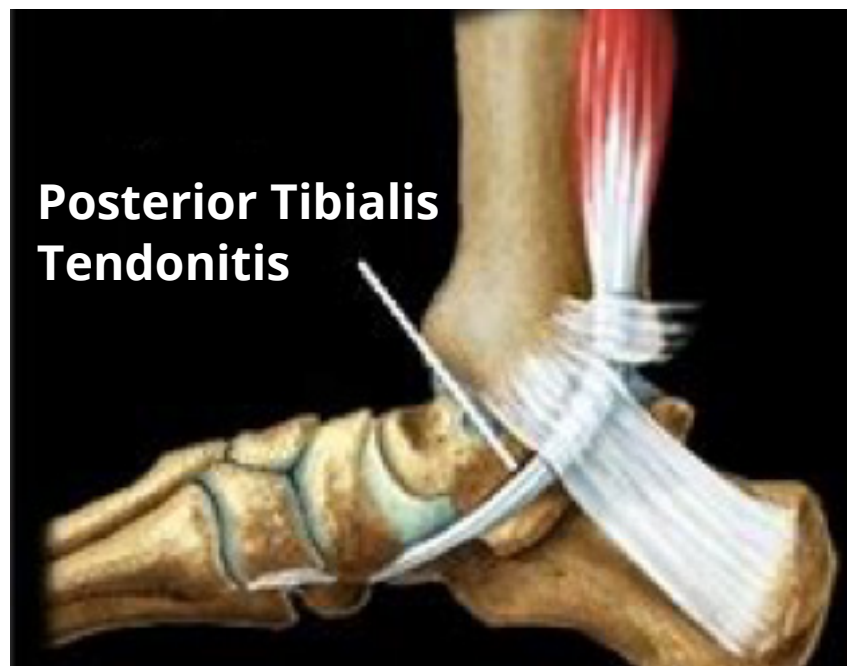
50 Years of Excellence

POSTERIOR TIBIALIS TENDONITIS

Home Exercises

The posterior tibialis tendon is a major stabilizing tendon located along the inside of the ankle joint. The tendon is an extension of a muscle that runs along the inside of the shin bone named posterior tibialis muscle. This muscle is responsible for providing ankle control and stability to the medial or inside of the ankle joint. This is a tendon that is commonly injured, particularly in individuals who present with pes planus, commonly known as flat foot.

This posterior tibialis tendon is commonly irritated with overuse or training errors with activities including prolonged standing, walking or running. Another cause is poorly supportive footwear. This can be a progressive disorder as the tendon can become progressively lengthened from stress making it ineffective or result in tendon rupture. Effective treatment requires early intervention with R.I.C.E (Rest, ice, compression and elevation) use of properly fitted, supportive footwear, exercises to promote proper flexibility and strength and orthotic intervention for individuals with flat feet resulting in over-pronation. Consult with an orthopedist or physical therapist to discuss the most effective treatment for your stage of injury.



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 10 Times Hold 20 Seconds
Complete 1 Set Perform 1 Times a Day



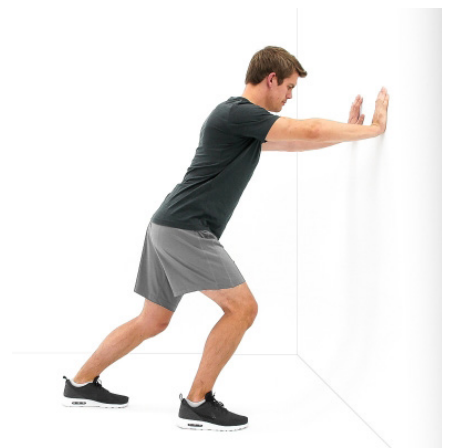
STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 10 Times Hold 20 Seconds
Complete 1 Set Perform 1 Times a Day



MULLIGAN ANKLE MOBILIZATION

From Kneeling - drive your front knee forward while keeping your heel down. Push forward until you feel a strong, but non-painful stretch. This is an ON/OFF self mobilization.

Repeat 30 Times Hold 5 Seconds

Complete 1 Set Perform 1 Times a Day



SEATED FOOT DOMING

Press the ball of the foot into the ground and press the heel into ground, lifting the arch off of floor.

Repeat 10 Times Hold 2 Seconds

Complete 2 Sets Perform 1 Times a Day



SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance.

Repeat 10 Times Hold 15 Seconds

Complete 1 Set Perform 1 Times a Day



ANKLE INVERSION WITH BALL

Place ball in between feet at toes. Gently press toes into the ball, trying to bring feet in towards each other. Repeat for the specified amount of times.

Repeat 10 Times Hold 5 Seconds

Complete 2 Sets Perform 1 Times a Day

