

# Posterior Tibialis Tendonitis

## Complaints

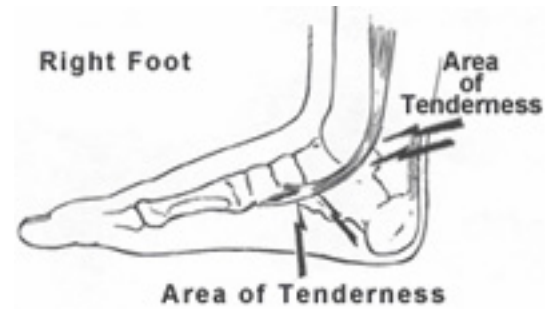
- Tenderness on medial side of ankle
- Pain may increase with running or walking activities

## Possible Causes

- Tight calf complex
- Excessive pronation
- Soft, unstable shoes
- Weakness in supportive muscles of the arch

## Shoe Profile

The long axis of the shoe should provide maximum torsional control of medial foot rotation (pronation). This reduces the pulling forces that aggravate the posterior tibialis tendon. The proper vertical support, and firmness in a shoe's midsole, can help.



## Orthotics

Neutral to mild pronators – 3 mm heel lifts with, or without, over-the-counter arch supports

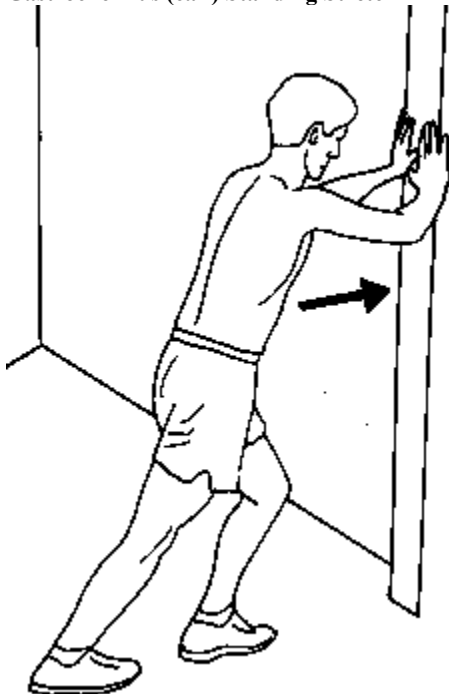
Moderate to excessive pronators – Custom orthotics with 3 plus mm heel lifts

## Exercises

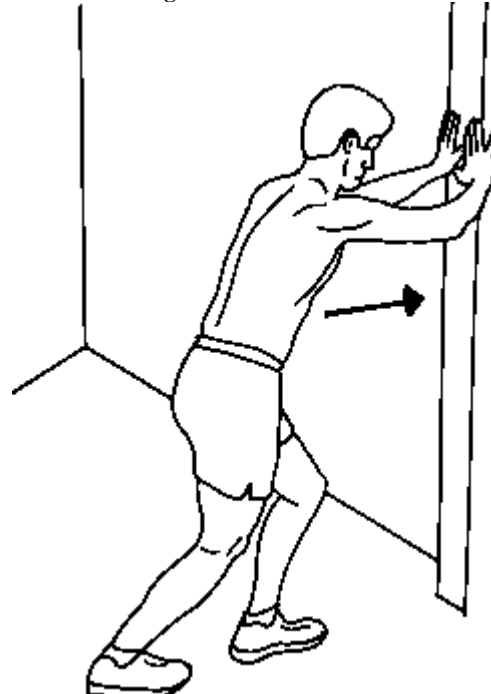
\*\*Please consult your physician before engaging in an exercise program.\*\*

With all strengthening exercises, start with 3 sets of 10 repetitions. If you experience any sort of pain reduce your reps to 3 sets of 5. For all stretches, repeat 3 times holding each stretch for 30 seconds to 1 minute. Using RICE (Rest, Ice, Compression, Elevation) can be beneficial in the treatment of injuries as well.

**Gastrocnemius (calf) Standing Stretch**



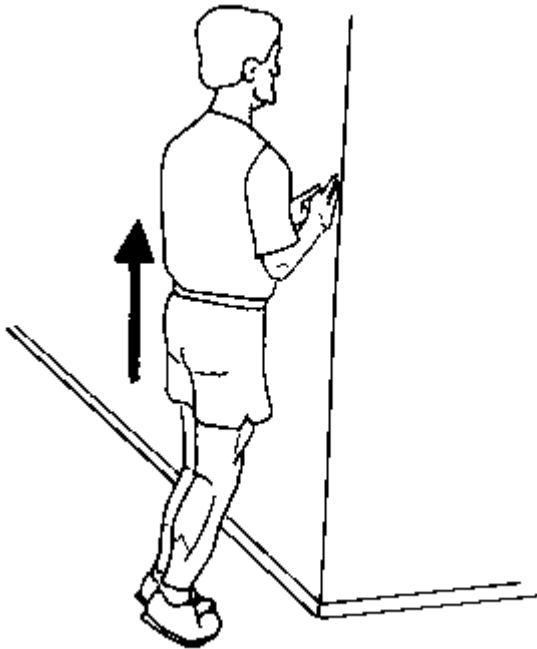
**Soleus Standing Stretch**



1. Stand with hands resting on wall or on stable object.
2. Place the UNINVOLVED leg forward of involved leg.
3. Keep the back leg (involved leg) straight and heel on the ground throughout the exercise.
4. Lean body forward bending at ankles and hold.
5. Return to starting position, relax, and repeat

1. Stand with hands resting on wall or on stable object.
2. Place the UNINVOLVED leg forward of involved leg.
3. Keep heel on the ground throughout the exercise.
4. Bend knees, squat down, and hold.
5. Return to starting position, relax and repeat.

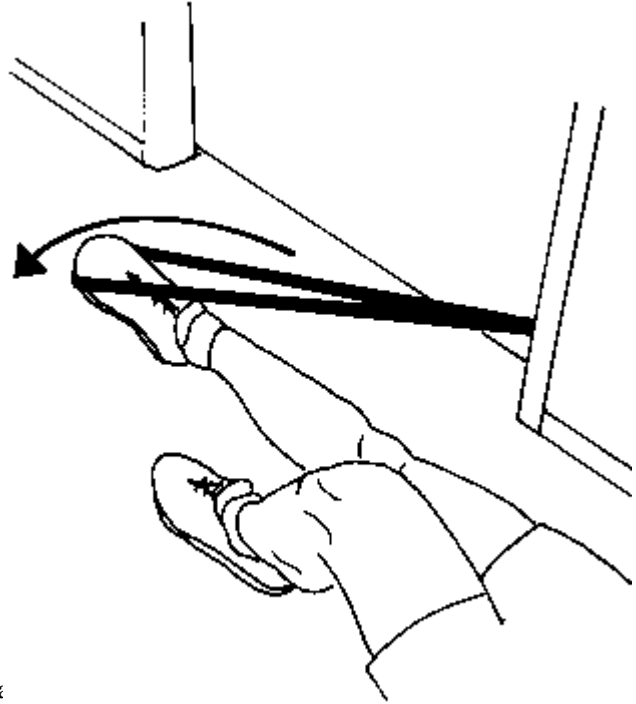
### Heel Raises Exercise



1. Stand next to a wall or a chair with both feet on the ground pointing straight ahead.
2. Push front of foot down lifting heels and body weight onto balls of feet.
3. Slowly return to starting position and repeat.

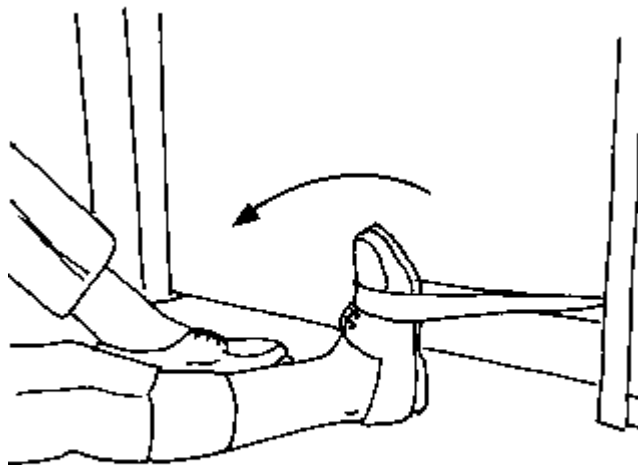
### Foot Up Elastics Exercise

### Foot Down and In Elastic Exercise



Plk

1. Place knot of elastic (Theraband) in door jamb about one foot up from the floor.
2. Sit on floor with leg out straight and attachment of elastic outside and above the foot.
3. Place elastic around inside of foot just below the toes.
4. Move down and away and out away from attachment of the elastic to pick up slack.
5. Push the foot down and in away from attachment of the elastic and hold.
6. Slowly return to the starting position and repeat.



1. Place knot of elastic (Theraband) in door jamb about one foot up from the floor.
2. Sit on floor with leg out straight and attachment of elastic at the bottom of the foot.
3. lace elastic around inside of foot just below the toes.
4. Back up to pick up slack of elastic.
5. Pull foot up keeping knee straight and hold.
6. Slowly return to the starting position and repeat.

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