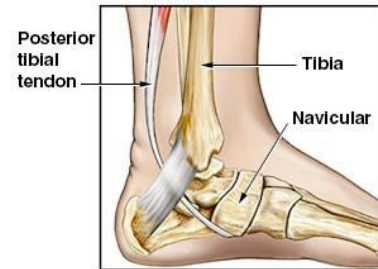


Posterior Tibial Tendon Strengthening Exercises

Posterior Tibial Tendonitis is inflammation of the posterior tibial tendon usually caused by excessive strain to the tendon. At times this can progress to Posterior tibial tendon dysfunction (PTTD), this means that the tendon is less able to hold the arch of the foot causing the arch to lower.

The posterior tibial tendon runs down the inside of the ankle and inserts into the arch onto a bone called the navicular.



How to stretch

Your Podiatrist has advised that you carry out some strengthening exercises. These are shown below.

There is more than one way to stretch Alternate the technique as you wish.



Using your hands just to steady yourself. Raise your heels off the floor as high as possible and lower slowly over a 4 second count.

You may need to build up the amount that you do each day, make sure the movements are pain free. Try to work up to 20 repetitions



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