

Posterior Tibial Tendinitis: Exercises

Introduction

Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

You will be told when to start these exercises and which ones will work best for you.

How to do the exercises

Calf stretch (back knee straight)



slide 1 of 4

1. Stand facing a wall with your hands on the wall. You can also do this with your hands on the back of a chair, a counter, or a tree.
2. Put one leg about a step behind your other leg, with your toes pointing forward.
3. Keeping your back leg straight and your back heel on the floor, bend your front knee and gently bring your hip and chest toward the wall until you feel a stretch in the calf of your back leg.
4. Hold the stretch for 15 to 30 seconds.
5. Repeat 2 to 4 times for each leg.

Calf stretch (both knees bent)



slide 2 of 4

1. Stand facing a wall with your hands on the wall. You can also do this with your hands on the back of a chair, a counter, or a tree.
2. Put one leg about a step behind your other leg, with your toes pointing forward.
3. Keeping both heels on the floor, bend both knees. Then gently bring your hip and chest toward the wall until you feel a stretch in the calf of your back leg.
4. Hold the stretch for 15 to 30 seconds.
5. Repeat 2 to 4 times for each leg.

Hamstring stretch in a doorway



slide 3 of 4

1. Sit on the floor close to a doorway. Be sure to stretch your affected leg first.
2. Lie down with your other leg through the doorway.
3. Slide your affected leg up the wall to straighten your knee. Don't point your toes. You should feel a gentle stretch down the back of your leg. Be sure to:

4. Hold the stretch for at least 1 minute. Then over time, try to lengthen the time you hold the stretch to as long as 6 minutes.
5. Repeat 2 to 4 times.
6. It's a good idea to repeat these steps with your other leg.
 - To stretch your right leg, scoot to the right side of the doorway.
 - To stretch your left leg, scoot to the left side of the doorway.
- Keep both knees straight.
- Keep your back flat and your other heel on the floor.

If you do not have a place to do this exercise in a doorway, there is another way to do it:

- Lie on your back, and bend the knee of your affected leg.
- Loop a towel under the ball and toes of that foot, and hold the ends of the towel in your hands.
- Straighten your knee as you raise that foot into the air. Slowly pull back on the towel. You should feel a gentle stretch down the back of your leg.
- Hold the stretch for 15 to 30 seconds. Or even better, hold the stretch for 1 minute if you can.
- Repeat 2 to 4 times.
- It's a good idea to repeat these steps with your other leg.

Shin muscle stretch (seated)



© 2023 Healthwise

slide 4 of 4

1. Sit in a chair, with both feet flat on the floor.
2. Bend your affected leg under the chair so that the top of your foot near your toes is flat on the floor and your toes are pointed behind you, away from your body. If you need to, you can hold on to the sides of the chair for support.
3. Hold this stretch for 15 to 30 seconds, and then relax.
4. Repeat 2 to 4 times.
5. It's a good idea to repeat these steps with your other leg.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments,

and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

©2024 Ignite Healthwise, LLC.

This care instruction is for use with your licensed healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Ignite Healthwise, LLC disclaims any warranty or liability for your use of this information.