



Sports & Orthopaedic Specialists

Tibialis Posterior Tendon Dysfunction Protocol

This protocol provides appropriate guidelines for the rehabilitation of patients with tibialis posterior tendon dysfunction. The protocol draws evidence from the current literature and accounts for preferences of the providers at Sports & Orthopaedic Specialists. The program may be modified by the referring provider for an individual patient. If questions arise regarding the utilization of the protocol or the progress of the patient, contact Sports & Orthopaedic Specialists:

Main line: (952) 946-9777

Physical therapy: (952) 914-8631

REHAB FOCUS

- Rehabilitation emphasis on tibialis posterior recruitment and strength.
- Secondary emphasis on:
 - Peroneal longus/brevis/tertius recruitment and strength
 - Gastrocnemius/soleus stretching and strength
- Address foot intrinsics as well as proximal hip and core stability as needed.

FREQUENCY AND DURATION OF PT AND HEP

- Four to six PT visits over 8-12weeks.
- During the rehabilitation process, the HEP should be reviewed and re-emphasized.
- Complete HEP 5-7 times per week.

THERAPEUTIC EXERCISE (Exercise handouts begin on page 3)

Phase I: 1-2 visits

- SOLE TO SOLE: Begin with 100 repetitions taking short rest as needed. Over two weeks, work up to 300 repetitions continuously.
- HEEL RAISE 2/2: Work up to 50 repetitions. Up on two feet, down on two feet. Upper extremity support for balance. Knees in full extension. Feet parallel and heels together to prevent supinated position during heel raise.
- INVERSION WITH EXERCISE BAND: Work up to 200 repetitions. Allow short rest initially, but progress to 200 reps continuously. Begin yellow exercise band and progress to orange/red.
- EVERSION WITH EXERCISE BAND: Work up to 200 repetitions. Allow short rest initially, but progress to 200 reps continuously. Begin yellow exercise band and progress to orange/red.
- GASTROCNEMIUS/SOLEUS STRETCHES: 3x30" each. Toes point straight ahead, no out toeing.

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Phase II: 1-2 visits

-SOLE TO SOLE: Continue 300 repetitions.

-HEEL RAISE 2/1: Work up to 50 repetitions. Up on two feet, down on one foot (involved). Upper extremity support for balance. Knees in full extension. Cue patient to keep weight over ball of foot to avoid supinated position during eccentric lowering.

-TOE WALKING: Begin with 30 feet and progress to 300 feet. Ambulation on ball of foot with control of ankle. Cue patient to keep weight over ball of foot to avoid supination position with stepping.

-INVERSION WITH EXERCISE BAND: 200 repetitions. Progress to green band.

-EVERSION WITH EXERCISE BAND: 200 repetitions. Progress to green band.

-GASTROCNEMIUS/SOLEUS STRETCHES: 3x30" each. Toes point straight ahead, no out toeing.

***Once patient is pain free with daily ambulation and can complete heel raise 2/1 x50 and toe walking x300 feet, progress to phase III.**

Phase III: 1-2 visits

-Continue sole to sole, toe walking, and gastroc/soleus stretches.

-Use clinical judgement to complete functional and return to sport progressions.

-Contact referring provider if pain returns.

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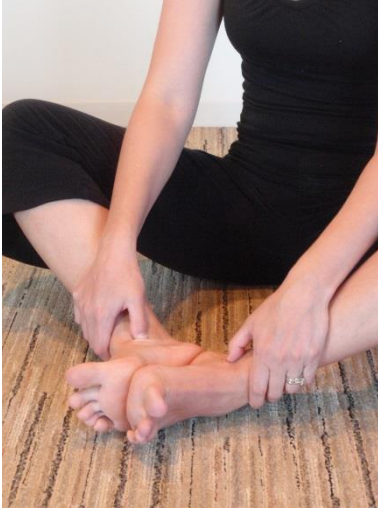


SOLE TO SOLE

Sit in a butterfly position with soles of feet together.
(If more comfortable, do this exercise sitting in a chair.)

Press balls of feet together (and pull toes slightly toward ceiling).
Feel tibialis posterior tendon activate. Then relax.

Begin with 100 repetitions and progress to 300 repetitions. Complete 5-7 times per week.



HEEL RAISE: UP ON 2 / DOWN ON 2

Hold on as needed for balance.
Rise onto balls of feet. Keep heels together.

Work up to 50 repetitions. Complete 5-7 times per week.



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INVERSION

Cross unaffected leg over the affected.

Secure band around ball of affected foot. Use other foot as a fulcrum. Hold band with hand.

Pull foot inward against resistance of band. Return slowly and smoothly to neutral.

Begin with yellow band. Work up to orange/red. Finally progress to green.

Work up to 200 repetitions. Complete 5-7 times per week.



EVERSION

Secure band around both feet. Allow both feet to start pointing inward.

Pull against resistance of the band until feet point upward.

Move the ankles ONLY. Keep the legs still.

Begin with yellow band. Work up to orange/red. Finally progress to green.

Work up to 200 repetitions. Complete 5-7 times per week.



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GASTROC STRETCH

Lean into wall with affected foot back.

Toes point straight ahead. Knee straight. Feel a stretch in your calf.

Hold 3 repetitions for 30 seconds. Complete 5-7 times per week.



SOLEUS STRETCH

Lean into wall with affected foot back.

Toes point straight ahead. Knee bent. Feel a stretch in your Achilles.

Hold 3 repetitions for 30 seconds. Complete 5-7 times per week.



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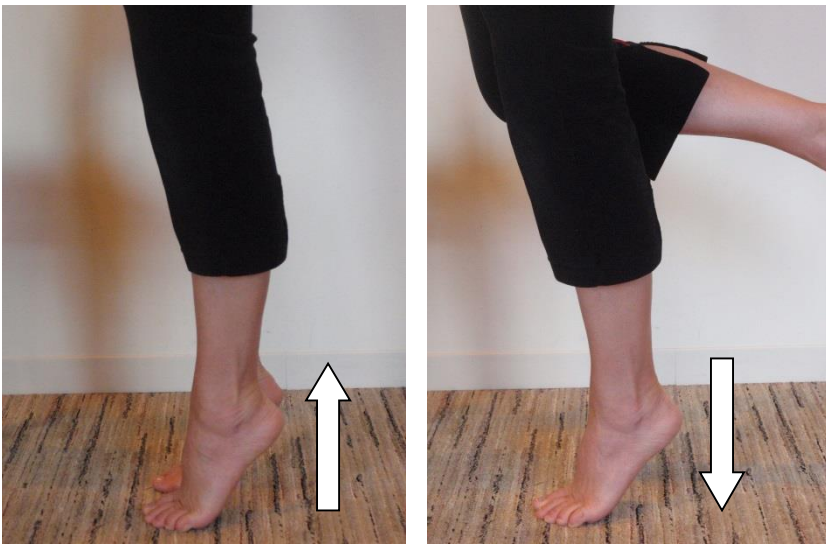
HEEL RAISE: UP ON 2 / DOWN ON 1

Hold on as needed for for balance.
Rise onto balls of both feet.

Lift unaffected leg and lower down on affected foot only.
Keep weight over ball of foot when lowering down.

Return both feet to floor and repeat.

Work up to 50 repetitions. Complete 5-7 times per week.



TOE WALKING

Walk on toes. Keep pressure through ball of foot (not pinky toe).

Begin with 30 feet. Work up to 300 feet. Complete 5-7 times per week.

