

Tibialis Posterior Exercises Handout

This handout provides a series of exercises designed to strengthen the tibialis posterior muscle, improve lower leg stability, and alleviate symptoms associated with posterior tibial tendon dysfunction and other related conditions.

1. Single leg calf raise

Equipment: None

Procedure

1. Stand on one leg with the upper body straight and feet flat.
2. Slowly raise onto the ball of your foot, then return to the starting position in a controlled manner.
3. Perform 3 sets of 10-15 repetitions.

Benefits: Strengthens the tibialis posterior muscle and improves single leg balance.

2. Calf raise with balance

Equipment: None

Procedure

1. Stand on both feet.
2. Rise onto the balls of your feet while balancing, then return slowly to the starting position.
3. Perform 3 sets of 10-15 repetitions.

Benefits: Enhances balance and stability, helping to prevent the arch from collapsing inwards.

3. Foot inwards resistance

Equipment: Resistance band

Procedure

1. Sit with feet flat and loop a resistance band around the mid-foot.
2. Rotate the foot inwards, then return to the starting position slowly.
3. Perform 3 sets of 10-15 repetitions on each foot.

Benefits: Targets the tibialis posterior muscle, preventing overloading and supporting proper foot mechanics.

4. Standing tibialis posterior stretch

Equipment: None

Procedure

1. Stand facing a wall with one leg behind and the knee straight.
2. Lean forward to stretch the lower leg while maintaining a good arch throughout the exercise.
3. Hold the stretch for 20-30 seconds. Repeat 3 times on each leg.

Benefits: Reduces gradual degeneration and weakening of the tibialis posterior tendon.

5. Arch support exercise

Equipment: None

Procedure

1. Stand on one leg and focus on maintaining a good arch.
2. Hold this position for 30 seconds, then switch legs.
3. Repeat 3 times on each leg.

Benefits: Helps prevent overloading of the tibialis posterior and reduces pain or shin splints.

6. Seated foot flexion

Equipment: None

Procedure

1. Sit with legs extended and feet flat.
2. Flex your foot upwards towards the shin, then return slowly to the starting position.
3. Perform 3 sets of 10-15 repetitions.

Benefits: Strengthens the tibialis posterior and maintains a neutral position of the foot.

7. Single leg balance with heel raise

Equipment: None

Procedure

1. Stand on one leg with the upper body slightly backwards.
2. Slowly raise the heel of the standing leg and return to the ground.
3. Perform 3 sets of 10-15 repetitions on each leg.

Benefits: Improves single leg balance and strengthens the tibialis posterior.

8. Resistance band foot eversion

Equipment: Resistance band

Procedure

1. Sit with feet flat and loop a resistance band around the mid-foot.
2. Evert the foot outward, then return to the starting position slowly.
3. Perform 3 sets of 10-15 repetitions on each foot.

Benefits: Targets the tibialis posterior and addresses types of shin pain.

9. Standing toe touches

Equipment: None

Procedure

1. Stand with feet flat and bend forward to touch your toes, keeping the knee straight.
2. Hold for a few seconds, then return slowly to the starting position.
3. Perform 3 sets of 10-15 repetitions.

Benefits: Stretches the lower leg and supports the tibialis posterior, reducing the causes of shin pain.

10. Wall press arch exercise

Equipment: None

Procedure

1. Stand facing a wall and press the ball of your foot against it.
2. Maintain the arch throughout the exercise, then slowly return to the starting position.
3. Perform 3 sets of 10-15 repetitions.

Benefits: Strengthens the tibialis posterior and helps prevent gradual degeneration of the tendon.