

NON-OPERATIVE POSTERIOR TIBIAL TENDON DYSFUNCTION PROTOCOL

<u>weeks since injury</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
Weeks 2-5 1-2 x/ week HEP daily	<p>Improve ankle ROM</p> <p>Strengthen foot intrinsics</p> <p>Strengthen core, hip, and thigh muscles</p>	Pt may have walking boot - check gait and AD for proper use and optimal mechanics	<p>Seated arch lifts</p> <p>Seated towel scrunch</p> <p>Seated heel and toe raises</p> <p>Seated heel raise with ball between heels</p> <p>Isometric ankle inversion</p> <p>Ankle theraband - inversion, eversion, DF, PF</p> <p>Seated DF stretch with towel/strap</p> <p>Clamshells</p> <p>Bridges</p> <p>Sidelying hip ABD</p>
Weeks 5-8 1-2 x/ week HEP daily	<p>Increase ankle strength</p> <p>Improve balance and coordination</p> <p>Progress proximal strength</p>	Pt may have custom orthotic - review wearing instructions and check skin for break down or irritation	<p>Gastroc/soleus stretch on slant board or wall</p> <p>Standing bilateral calf raise</p> <p>Tandem walking in parallel bars</p> <p>Single leg balance on firm surface</p> <p>Standing bilateral calf raise with ball between heels</p> <p>Standing 4-way hip with resistance</p> <p>Squats or sit to stands</p>
Weeks 8-14 1 x/ week HEP daily	Increase ankle stability and strength		<p>Gastroc/soleus stretch off edge of step</p> <p>Single leg heel raise</p> <p>Bilateral eccentric heel lowering</p> <p>Single leg stance on foam</p> <p>Toe walking</p> <p>Band walking</p> <p>Lunges</p>
Weeks 14+ 1 x/ week HEP daily	Progress to more impact activity if applicable to patient		Plyometric activities including higher level single leg balance drills, hopping, jogging, etc.