

## Posterior Tibial Tendonitis

### Seated Sole to Sole

Sit on the edge of your bed or table with your feet unsupported. Trying to keep your thighs from rotating, bring the sole of your feet together.

Begin with 4 sets of 25 repetitions. As this becomes easier, progress to 10 sets.



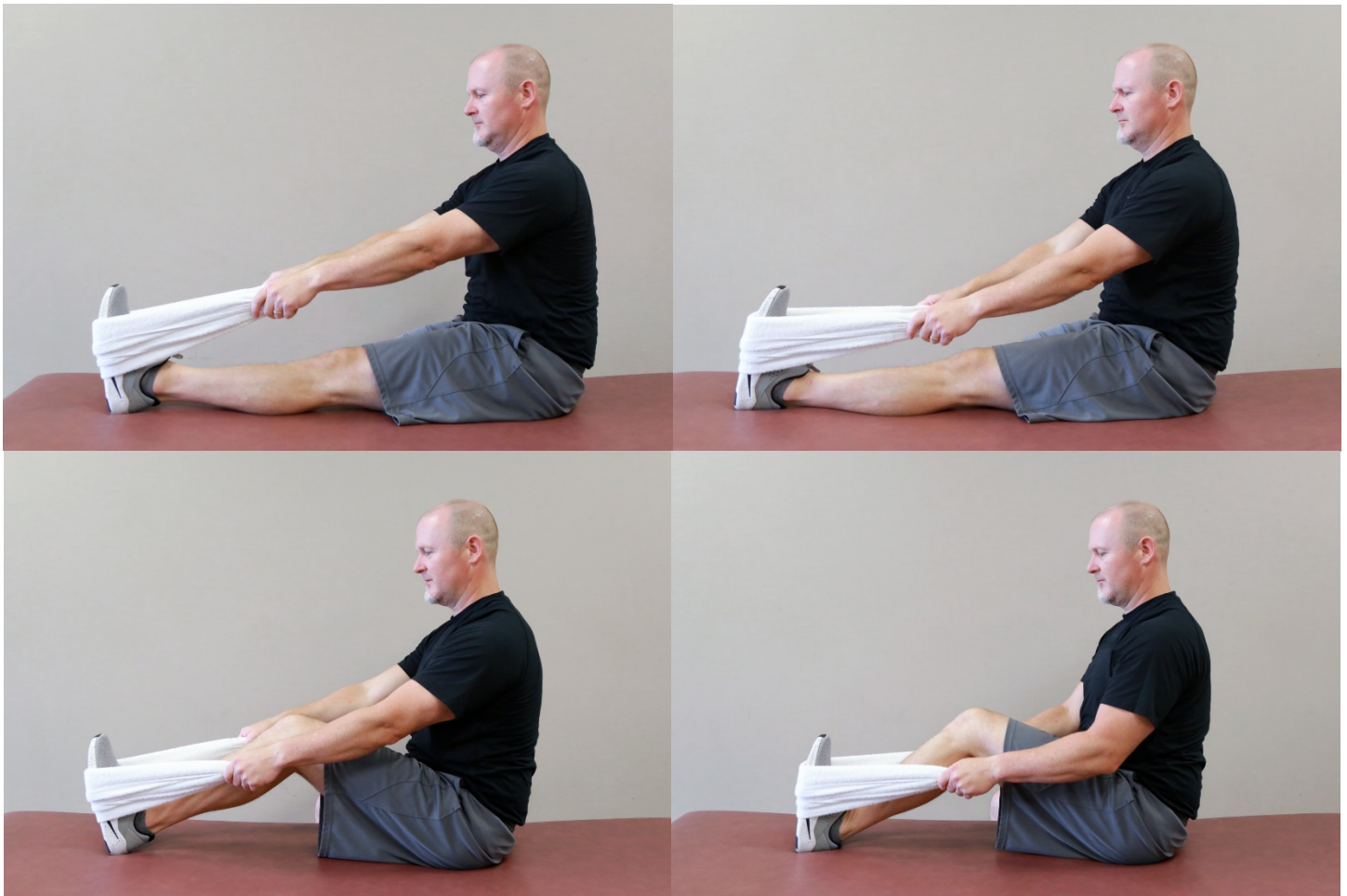
# UPSWING HEALTH

## Towel Calf Stretching

Place your involved leg straight out in front of you. Place a towel at the ball of your foot and pull the ends toward you until you feel a stretch in your calf. (Do not hyperextend your knee when you stretch.)

Slightly bend the knee of your involved leg before you place the towel at the ball of your foot. Pull the ends toward you until you feel a stretch in your lower leg.

Hold the stretches 30 seconds each, repeat 3 times, 2-3 times a day.



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## Resistance Band Eccentric Inversion

Sit down and cross your involved ankle over the other thigh. Wrap a band around your involved foot. Apply tension to the band with your uninvolved foot as shown. Passively lift your involved foot with your hands. Maintaining that position with your ankle muscles, let go of your foot and slowly lower it against the resistance of the band using your muscles.

Repeat this exercise 2 sets of 15 repetitions, twice a day.

