

## PATIENT INFORMATION

# Posterior Tibials Tendon Strengthening

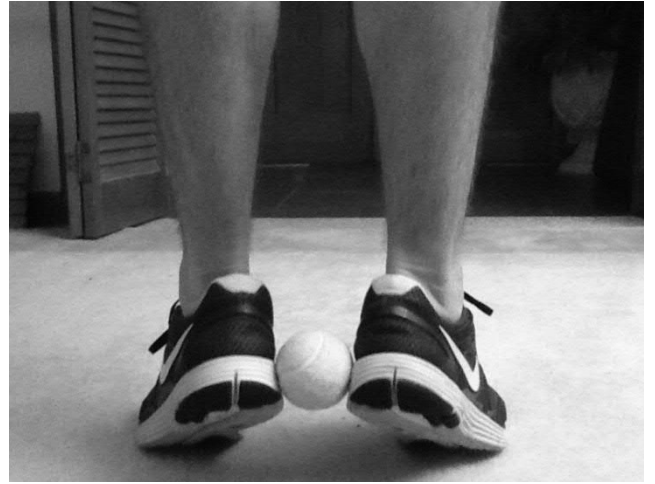
Using a theraband to provide resistance to the muscle. The **POSTERIOR TIBIALIS** muscle is the one that needs strengthening. This muscle is responsible for turning the foot downwards and inwards, so to strengthen it that action needs to be resisted by the theraband



I found this interesting exercise as well, if you're able to sit in this position, pop a few tins of beans in a bag and hang it from the foot, then try and lift the bag off the floor.



Stand with tennis ball between the heels, and then rise up on tiptoe, but make sure that the tennis ball remains gripped between the heels.



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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.