

Posterior Tibialis Tendonitis Protocol

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Phase One (acute phase):

Goals = Resting pain (0/10)

- Full pain-free ankle and subtalar PROM
- Edema management
- Minimize secondary impairments / compensations
- 1. AROM DF, PF, invert in pain-free ranges (hold eversion)
- Progress gravity minimized → anti-gravity
- 2. Stretching to posterior superficial and deep compartments as indicated per exam and within pain-free levels
- 3. Manual resistance for isometric to concentric DF, inversion
- 4. Standing heel raise to pain-free level
- 5. Recumbent bike
- 6. Iontophoresis, estim, pulsed ultrasound prn for pain and inflammation
- 7. Ice massage to posterior tibialis tendon
- 8. OKC theraband ex's as tolerated in pain-free ranges for DF, PF invert
- BEGIN FROM SUBTALAR NEUTRAL POSITION FOR INVERSION** (be careful not to bring foot from everted position, across neutral to inverted position)
- 9. Consider footwear, orthotic (prefabricated or custom), taping to decrease stress on tibialis posterior tendon

Phase Two (restorative phase):

Goals = Full A/Prom ankle and subtalar joints pain-free

- Restore gain without impairment
- Promote optimal collagen remodeling
- Return to sport / function
- 1. Continue modalities prn
- 2. Continue phase one exercise progression as tolerated within pain-free ranges
- 3. Progress to multiplanar resisted motions
- 4. Progress to unilateral heel raise
- 5. CKC ex's
 - CKC theraband (stand on involved LE and move uninvolved LE)
 - Lateral step-ups
 - Leg press
 - Lunges
- 6. Proprioception / Agility
 - BAPS Bilateral → Unilateral
 - Braiding
- 7. Consider proximal stability / hip abductor and external rotators and strengthen prn
- 8. Sport-specific / Functional training
- 9. Gait training