

PTTD Protocol

Initial Evaluation

Assess need for foot orthosis to produce sub talar neutral.

Assess kinetic chain for limitations in mobility, dynamic stability, strength, and dysfunction(s).

Address impairments/limitations in above.

Educate patient on Posterior Tibialis dysfunction in the kinetic chain.

Phase I

Sole to Sole exercise (25x; 4 sets/day).

Progress to 12 sets/day over next 2 weeks and then 1 set 300 reps.

Wall stretch for gastroc-achilles contracture. Internally rotate foot 15 degrees but maintain arch/supination(foam pad support) to avoid excess stress to PTT. Hold the stretch for 30 seconds and perform 4x/day.

Ice 4x/ day for 15 minutes.

Swimming and biking permitted (pain free).

4 way ankle red theraband AROM with controlled eccentric return/ 4 sets of 50 each way (Eversion performed from end range inversion to neutral ONLY)

(Progress to next phase when patient is pain free with above criteria.)

Phase II

Increase theraband resistance to green.

Begin double leg heel raises progressing towards 50 reps (avoid ST pronation).

Progress to single leg heel raises when able.

Toe ambulation progressing towards 100 yards.

BAPS 5 way position/resistance to tolerance/ 200 reps cw/ccw.

Remember to integrate PTTD basic rehab exercises with a total kinetic chain program addressing any relevant findings during evaluation.