



## Flatfoot / Posterior Tibial Tendon Dysfunction (PTTD)



### Standing Calf Stretch - Gastrocnemius

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also, you can adjust the bend of the front knee to control the stretch as well. Video # VVNCZDYYG

Repeat 3 Times

Hold 1 Minute

Complete 1 Set

Perform 2 Times a Day



### Standing Calf Stretch - Soleus

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also, you can adjust the bend of the front knee to control the stretch as well. Video # VVGUVSTYG

Repeat 3 Times

Hold 1 Minute

Complete 1 Set

Perform 2 Times a Day



### Elastic Band Eversion – Seated

While seated, using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw the band outward to the side.

Be sure to keep your heel in contact with the floor the entire time. Video # VV3RMK2MU

Repeat 30 Times

Hold 1 Second

Complete 1 Set

Perform 1 Time a Day



### Elastic Band Inversion – Seated

While seated, cross your legs and using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw your foot inward.

Be sure to keep your heel in contact with the floor the entire time. Video # VVBSA2DYN

Repeat 30 Times

Hold 1 Seconds

Complete 1 Set

Perform 2 Times a Day



### Elastic Band Dorsiflexion - Seated

While seated, use an elastic band attached to your foot and Draw your foot upward.

Be sure to keep your heel in contact with the floor the entire time. Video # VVXYH25HE

Repeat 30 Times

Hold 1 Second

Complete 1 Set

Perform 2 Times a Day



### Inversion Isometric

Place a towel between your feet as shown. Next, apply some pressure into the towel with the front and inner aspect of your feet and hold.

Repeat 10 Times

Hold 10 Seconds

Perform 2 Times a Day



### Cold Pack

Apply a cold pack to the affected area.

Duration 10 Minutes

Complete 1 Set

Perform 3 Times a Day