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**REHAB PROTOCOL: Posterior Tibial Tendonitis**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**PLAN**

- Patient education, posture correction and ergonomics
- Outpatient pain medication, joint mobilization, soft tissue mobilization and modalities – ice, heat, ultrasound, etc during the acute phase
- Phase II & III exercises
  1. Calf, plantar fascia and Hamstring stretching
  2. Posterior tibial tendon stretching followed by strengthening: isometric, and theraband
  3. Core strengthening
  4. Proprioceptive and balance exercises
- Home Exercise program
- Concomitant use of foot orthosis-medial arch support and aircast brace

**Precautions**

- Exercises should be performed in painless arc initially and progressively advanced
- Avoid provocative positions during strengthening exercise in the initial phase:
- Emphasize lower weight, higher repetition exercises starting out with lightweights and progressively increasing the intensity, resistance and speed. Focus on strengthening in functional positions
- Watch out for recurrence of tendinitis symptoms due to fatigue during strengthening phase. Allow for adequate rest and stretching in between days of strengthening

**Modalities**

- ◇ Heat and Ice

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- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

**Evaluation and others**

- ◇ Teach home exercise program

**Comments:**

**Frequency: 2-3 times per week**

**Duration: 12 weeks**

**Signature: \_\_\_\_\_**

**Date: \_\_\_\_\_**