

Posterior Tibial Treatment Outline

Conservative Treatment Options

Methods that are fairly simple, inexpensive, and can be done on your own at home.

- Wear supportive shoes and orthotics all the time, even when you're just walking around the house. Talk with your doctor or podiatrist about whether you can use a rigid over-the-counter orthotic or if you need a custom-made orthotic.
- Calf stretching, 3x30 seconds, both with a straight knee and bent knee, on both legs, twice per day. Use an incline board if you have one.
- Seated sole to sole exercise.
- Theraband exercises
- Functional exercises once you have been doing steps 3 and 4 =
- Ice to control pain, especially after doing your rehab exercises. Try 10 minutes of ice massage with an ice cup, followed by a 10 minute rest, and finally another 10 minutes of icing. You can ice as often as every two hours.

Aggressive Treatment Options

These are treatments with more cost and less certainty about outcomes, but may prove useful in recalcitrant cases.

- Custom orthotics from a podiatrist or foot and ankle orthopedist. Although these can be expensive and not all insurance companies cover them, your doctor may recommend them to provide better support for your foot.
- See a physical therapist to get a personalized rehab program and discuss other non-invasive treatments.
- See a trusted orthopedist or podiatrist to discuss the possibility of surgery.