

# Flatfoot / Posterior Tibial Tendon Dysfunction (PTTD)

Created by Mark A Dreyer, DPM, FACFAS

View videos at www.HEP.video

Total 7 Page 1 of 3



## 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 Second

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 Second

Complete 1 Set Perform 2 Times a Day



#### **ELASTIC BAND EVERSION - SEATED**

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

Next, draw the band outwards to the side.

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

Repeat 1 Time Hold 1 Second

Complete 1 Set Perform 1 Times 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 Second

Complete 1 Set Perform 2 Times a Day



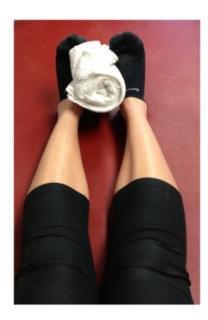
#### **ELASTIC BAND DORSIFLEXION - SEATED**

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

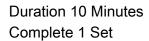
Place a towel between your feet as shown. Next, apply some pressure into the towel with the front and inner aspect of your feet and hold.

Repeat 10 Times Hold 10 Seconds

Perform 2 Times a Day



Apply a cold pack to the affected area.



Perform 2 Times a Day

