

Podiatry Services

Patient Information Leaflet

Tibialis Posterior Conditioning - Sitting

(V1 August 2021)



Start with your feet flat on the floor then push up onto the tip toes of your right/left foot, slowly lower back down again (4 seconds up/down).

Repeat this until your legs are tired (every other day or 2-3 times per week).

See Video link: <https://bit.ly/3fCLlbo> - choose No.3

Note: Experiencing some pain during this exercise is normal, but rest for a couple of days if the pain is intolerable.

If that is too easy, progress the exercise by placing an item between your heels and squeezing firmly. The picture shows a tennis ball; however, you can use any household item such as a tin can, or a bottle of water.

Caution: You will develop muscle soreness during the first few days/weeks of doing this exercise. This is normal and will subside once your body becomes accustomed to the exercise.



If you have any questions about the information in this leaflet, please contact Podiatry Services.

Further information about the service and how to manage a range of foot health problems yourself, can also be found on our website:

www.livewellsouthwest.co.uk/project/podiatry

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