

# Podiatry Services

## Patient Information Leaflet

# Tibialis Posterior Conditioning - Standing

(V1 December 2022)

Start with your knees bent and 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). Keep your hips and knees still throughout.

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

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



If this is too easy, then progress the exercise with the following:

1. Perform the exercise with your feet turned so that your heels are touching and your big toes are as far apart as possible (pictures right)
2. If that is too easy- perform the exercise on one leg at a time
3. If that is too easy- perform the exercise over the edge of a step so that your heel drops below the step (both legs, then progress to one leg at a time)



See video link: <https://bit.ly/3fCLlbo> Choose No 2

**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](http://www.livewellsouthwest.co.uk/project/podiatry)

## Contact Details

Podiatry Services  
Beauchamp Centre  
Mount Gould Hospital  
200 Mount Gould Road  
Plymouth  
PL4 7QD

**Tel:** 01752 434855

**Email:** [livewell.podiatrypatients@nhs.net](mailto:livewell.podiatrypatients@nhs.net)