

## Tibialis Posterior Conditioning

V1 September 2025

These exercises are variations you can swap between, depending on what feels comfortable for you.

- The goal is for the exercise to feel **challenging but manageable**.
- Some discomfort during the exercise is okay but change between difficulty levels to find a level of symptom tolerance and stop if the pain becomes more than tolerable.
- Aim to do 1-3 sets every other day or 2-3 times per week.

**Caution:** It is normal to feel calf muscle soreness or aching in the first few days/weeks. This should ease as your body adapts.

### Seated

1. Sit on a chair with your feet flat on the floor and your feet turned so that your heels are touching and your big toes are as far apart as possible (pictures right). Try squeezing a ball between your heels.
2. Push up onto your tiptoes, then slowly lower back down (take 4 seconds up and 4 seconds down).

#### To make it harder:

1. Lean your body weight slightly forward over your knees.
2. Add weight (e.g. objects in a backpack).

See video link: <https://bit.ly/3fCLlBQ>. Choose No 15



### Exercise Band

You'll need a therapy (resistance) band - available from [www.physiosupplies.com](http://www.physiosupplies.com) or [www.amazon.co.uk](http://www.amazon.co.uk).

1. Sit on a chair or the floor next to a heavy piece of furniture (e.g. sofa or table leg).
2. Loop the therapy band around the furniture and the front half of your foot.
3. Adjust your position until the band has no slack — your foot and ankle should be **turned slightly inwards**.
4. Keep your **heel on the floor** as a pivot.
5. Slowly turn your foot further inwards while pointing it downward, against the band's resistance taking 4 seconds to do so
6. Slowly return to the start position taking 4 seconds to do so.
7. Only move your foot and ankle — keep your knee and leg still.



### To make it harder:

1. If resistance feels too light, increase the tightness of the band by taking up further slack or
2. Increase the band difficulty type (usually denoted by the colour)

See video link <https://bit.ly/3fCLlbO>. Choose No 1.

### Standing



1. Stand with both feet flat on the floor and your feet turned so that your heels are touching and your big toes are as far apart as possible. Try squeezing a ball between your heels.
2. Push up onto your tiptoes (take 4 seconds up, 4 seconds down).
3. Continue repeating this movement until your legs feel tired.
4. Rest, then repeat another set if you can.
5. To reduce discomfort, slightly lean your weight off the painful side while doing the exercise.

### To make it harder:

1. Do the exercise on **one leg at a time**.
2. Do it on the **edge of a step** (first with both legs, then one leg).
3. Add weight (e.g. objects in a backpack).

**If tolerable**, try also performing a set with softly bending your knees, keeping them bent throughout the exercise (picture, middle).

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

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

For more information about our services and how to manage common foot problems at home, please visit our website: [www.livewellsouthwest.co.uk/project/podiatry](http://www.livewellsouthwest.co.uk/project/podiatry)

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