



REHABILITATION GUIDELINES  
NON-OPERATIVE TREATMENT OF POSTERIOR TIBIAL DYSFUNCTION

- Heel cord stretching to be done
  - AM before getting out of bed
  - In the afternoon
  - Before bed
  - After any period of prolonged sitting
- Phonophoresis or iontophoresis
- Eccentric gastroc/soleus strengthening progressing from NWB to WB positions
- Manual work to release tension and restore normal biomechanics