Flatfoot Deformity Program
(Posterior Tibial Tendon Dysfunction)

- Symptoms usually on inside of ankle/inside border of foot but may also be present on outside rearfoot due to boney impingement

- After many years of flat foot deformity the inside of the foot ligaments and posterior tibial tendons become incompetent and inflamed, a single leg raise is painful
Key components of treatment protocol:

1) Bracing (Orthotics) to protect and support inside of ankle/foot

2) A high repetition, low resistance exercise program to gradually strengthen the posterior tibial muscle and tendon
Wellness and Prevention

To prevent return of symptoms, it's recommended to perform a 10-15 minute routine including heel raises and toe walking a minimum of 3 times per week.

High demand activities (ex: running) may be difficult for the remainder of life (try elliptical, bike and swimming).
Sole To Sole

Turn both ankles in towards each other
Start with 4 sets of 10 reps increase daily until 12 sets of 25 can be performed
* Movement should only come from ankles - make sure to stabilize knees so they do not move

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BALL SCOOP  Turn ankles inward and scoop up the ball

Start with 4 x 10 and increase daily until 12 x 25 can be performed

* Stabilize knees so they do not move
Start with 1 foot up on toes and maintain that holding onto a stable surface.

The flat foot should maintain 75%-85% of body weight.

Go up onto toes of other foot raising the heel off the floor, hold for 2 secs.

Slowly lower the heel back to the floor.

Start with 4 sets of 5 reps and progress daily to reach 10 sets of 20 reps as tolerated.

Heal Raises

Progress to one leg as tolerated.
Patient should attempt walking for 10 feet while keeping the knees straight and holding toes up.

Progress to 5 sets and 100 feet.
Single leg balance toe curl

Start by balancing on 1 foot, hold table if needed

Use the arch of your foot to curl your toes in
Balance for 10 sec