

Exercises for pain in the tibialis posterior muscle and tendon in your leg

Physiotherapy

Information for Patients

Last reviewed: January 2024

Next review: January 2027

Leaflet number:955 Version: 2

What is the tibialis posterior muscle?

The tibialis posterior muscle is found on the inside of your leg. It runs from below the knee to attach through its tendon to the middle of the foot. It moves the foot inwards and downwards, and keeps the medial (inside) arch of the foot.

What causes pain in the tibialis posterior tendon?

You can have pain from nowhere because of trauma such as a fall or sports injury. Also, pain could start slowly over a few weeks or months as a result of a tendon overload, such as longer walks or changes to your usual footwear. Medical conditions such as seronegative arthritis, diabetes, and/or hypertension can also cause pain. 1 common source of symptoms is obesity.

What are the symptoms?

You may have pain along the inside of your calf, ankle and into your mid-foot. This gets worse when bearing weight like walking, standing, carrying a heavy load and during sporting activities. This should get better over a few months using the self– help information in this leaflet.

If symptoms do not get better after a few weeks, or if you suddenly start having pain due to injury; contact your GP or call NHS 111 for help.

What can I do to help the symptoms?

If you start having symptoms more slowly, try:

- pain relief—speak to your pharmacist for help.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

- apply an ice pack to the painful area for up to 15 minutes, a few times per day, for up to 3 days. If the feeling in your foot has changed, do not use ice.
- supportive footwear like trainers, with a comfortable sole and a medial arch support. High heels or flip flops can make symptoms worse. It is best not to wear these at first.
- you can buy insoles with an arch support if your shoes do not have these
- you can begin by doing with little, gentle exercises such as walking regularly.
- try the exercises in this booklet

Exercises

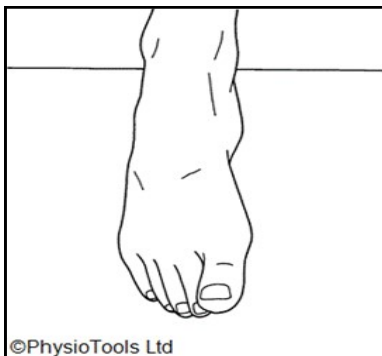
You can start these exercises up to 3 times daily



Exercise 1

Lying on your back or sitting.
Bend and straighten your ankles or feet up and down. If you keep your knees straight during the exercise you will stretch your calf muscles.

Hold for 5 seconds. Repeat up to 10 times.



Exercise 2

Sitting with your foot on the floor, or with leg extended on bed. **Or**
Raise the inner border of your foot (big toe) and then the outer border (little toe), to move your foot in and out.

Hold for 5 seconds. Repeat up to 10 times.



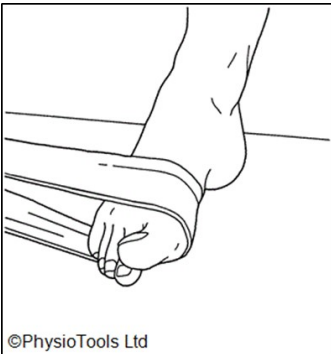
Exercise 3

Stand on 1 leg on a wobble board, or firm cushion.
Try to balance on your single leg.

Hold for 10 to 30 seconds. Repeat up to 10 times.

Exercises after 2 to 3 weeks

If your pain is getting better, you can move onto these exercises after a few weeks.

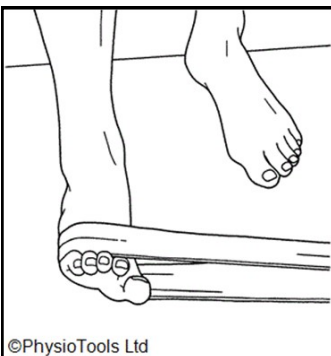


Exercise 4

Sit on the floor or on a chair. Put a rubber exercise band around your ankle.

Turn your foot inwards as if to look at the sole of your foot.

Hold for 5 seconds. Repeat up to 10 times.



Exercise 5

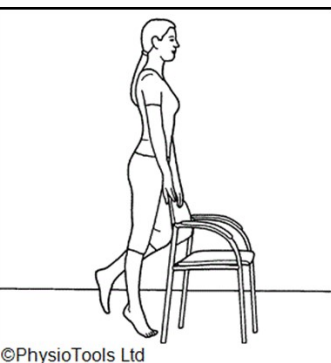
Sit on a chair or on the floor with the rubber exercise band around your foot. Turn your foot outwards.

Hold for 5 seconds. Repeat up to 10 times.



Exercise 6

Stand. Walk on your toes for 30 to 60 seconds.

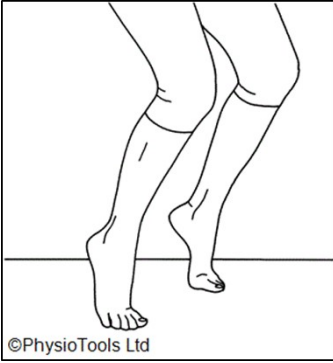


Exercise 7

Stand on your affected side. Push up onto your toes.

Hold for 5 seconds. Repeat up to 10 times.

If you are not able to stand on your affected leg only, stand on both feet to do this exercise at first.



Exercise 8

Stand with your feet hip distance apart. Bend your knees then slowly lift your toes.

Hold for 5 seconds. Repeat up to 10 times.



Exercise 9

Sitting with your foot on the floor.

Shorten your foot by tightening the muscles on the sole of your foot. Keep your toes pushed straight against the floor.

Hold for 5 seconds. Repeat up to 10 times.

Contact details

Physiotherapy Departments

Glenfield Hospital:	0116 258 3595
Leicester General Hospital:	0116 258 4070
Leicester Royal Infirmary:	0116 258 5816

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk