

## **Non-operative treatment of Posterior Tibial Dysfunction**

**Dr Gueramy 4/2018**

- 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