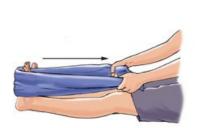
## Posterior Tibial Tendon Injury Rehabilitation Exercises



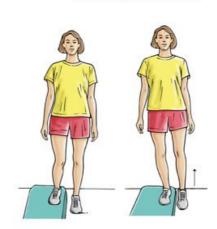
Towel stretch



Standing calf stretch



Heel raise



Step-up



Side-lying leg lift



Balance and reach exercise A



Balance and reach exercise B

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