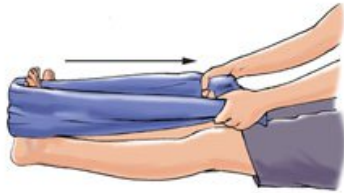


# Posterior Tibial Tendon Injury Rehabilitation Exercises



Towel stretch



Standing calf stretch



Heel raise



Step-up



Side-lying leg lift



Balance and reach  
exercise A



Balance and reach  
exercise B