



**OSTEOPATHY
SPORTS MASSAGE**

GD Osteopathy & Sports Massage

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Exercise plan:

Tibialis Posterior Tendinitis

Patient:

Patient Exercises

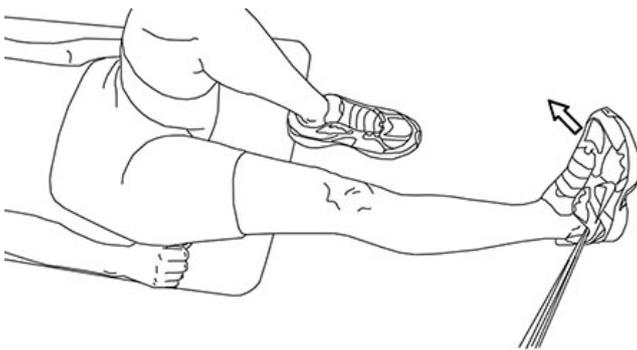


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Calf Raises One Leg

Stand upright on one leg. Slowly raise up onto your toes, and control the movement back down. Hold on to a wall or table for support. This exercise will strengthen the calf muscle and ankle joint.

Sets: 2-3 | Repetitions: 15-20 | Rest: 2min | Perform 3 days weekly



Inversion with Band

Tie an exercise band around a stable object. Wrap the other end around the inside of your foot. Move your foot inwards and upwards against the resistance of the band. This is a strengthening exercise for the ankle.

Sets: 2-3 | Repetitions: 15 | Rest: 2min | Perform 3 days weekly

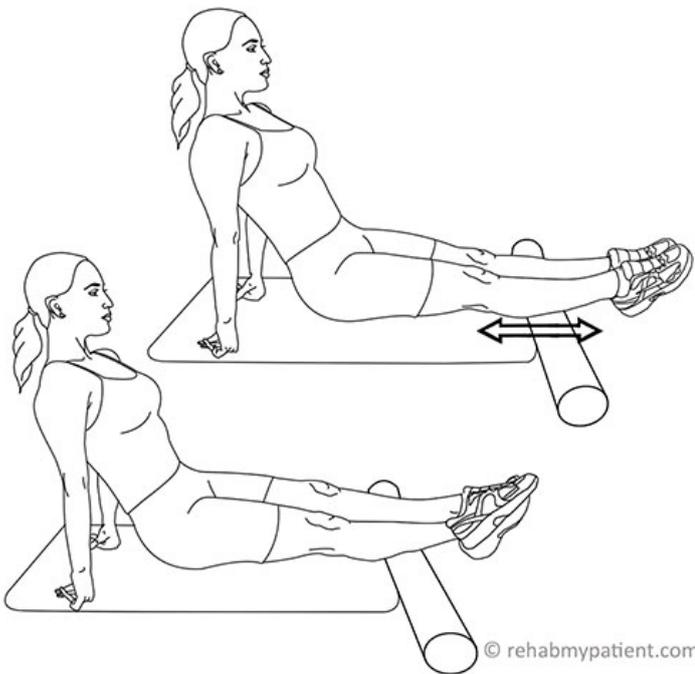


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Foam Roller Gastrocnemius Soleus

Sit down placing a foam roller under your calf muscles (back of the lower legs). Your feet should be off the ground, and you can balance using your arms. Roll the roller up and down your calves to create a stretch. You can cross your legs to emphasise the stretch on one side. Progress by pointing your toes backwards towards your knee.

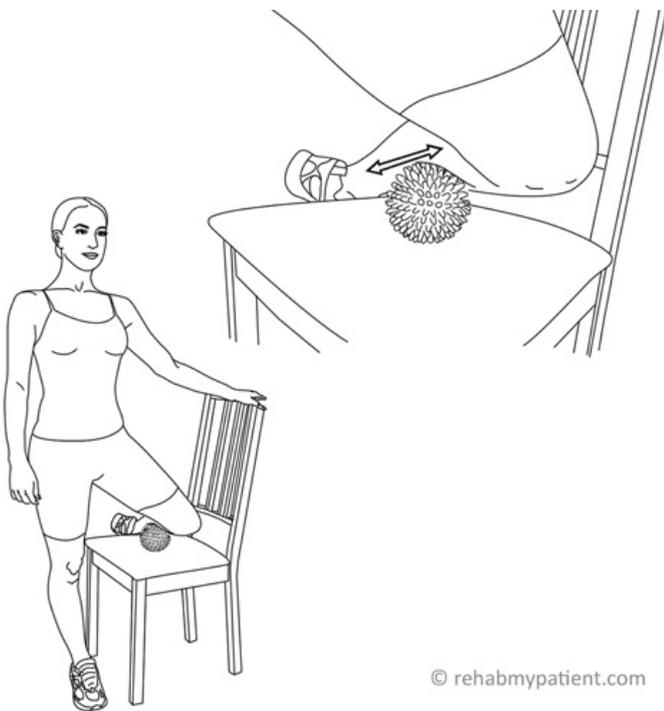
Sets: 1 | Time: 1min



Spiky Ball Tibialis Posterior Massage

Bend your knee, and position your calf muscle over a spiky ball on the chair. Roll the spiky ball into the back inside part of your leg to create a localised massage to the tibialis posterior.

Sets: 1 | Time: 1min



Spiky Ball Plantar Fascia Massage Standing

Stand and place a spiky ball under the sole of your foot. Roll the ball up and down your foot, between your heel and your toes. Do not massage the heel area, but keep to the softer plantar fascia on the sole of the foot.

Sets: 1 | Time: 1min



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1. Discontinue any exercise that causes pain or discomfort.
2. Pace yourself. These are gentle exercises try not to strain.
3. Breathe slowly and deeply and don't hold your breath.
4. Stretch slowly and gently instead of bouncing.
5. Muscle soreness usually only lasts for the first 3-4 days.