

Physical Therapy Prescription

Diagnosis:

Posterior Tibial Tendonitis

Foot/Ankle Physical Therapy

- ROM and stretching right and left foot and ankle.
- Instruct in home strengthening program to be performed daily using Therabands.
- Modalities PRN.
- Home exercise program.
- Strengthening program for intrinsic and extrinsic muscles of the foot and ankle, with particular attention to inversions with plantarflexed foot.
- Iontophoresis and Graston Technique as needed

Frequency/Duration: 2-3 times per week for 6 weeks