Posterior tibialis tendinopathy (PTT) is a known musculoskeletal condition that causes pain in the medial foot and ankle and is often associated with gait abnormalities and functional impairments.\textsuperscript{1-3}

The purpose of this case report was to describe the successful addition of lower extremity kinetic chain functional strengthening to the standard of care for chronic PPT treatment.

**METHODS**

- **Non-weight bearing**
  - Pain management
  - Shuttle Leg Press
  - Gentle, pain-free ROM

- **Weight bearing**
  - DL calf raises with tennis ball
  - DL & SL balance with stable & unstable surfaces

- **Functional Strengthening**
  - Balance with ball toss & hitting
  - Agility ladder drills
  - Advanced core & gluteus medius exercises

**RESULTS**

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEFS\textsuperscript{*}</td>
<td>47/80</td>
<td>64/80</td>
</tr>
<tr>
<td>Pain</td>
<td>5-7/10</td>
<td>0-2/10</td>
</tr>
</tbody>
</table>

MCID for LEFS in adults (pediatric unavailable) = 9 points\textsuperscript{4}  
\textsuperscript{*} indicates MCID met  

**CLINICAL RELEVANCE**

The core acts as the center of rotation to transmit forces from the legs to the arms during the tennis swing.\textsuperscript{5} The back, trunk, and hips stabilize the entire body, thus, they should be strong enough to create proximal stability for distal mobility.

By providing the proper support to the foot and strengthening the hip and core musculature, the patient improved in strength, range of motion, and function, as well as, decreased her pain.