

# Welcome to Queensferry Podiatry

Established in 1999, we have dedicated over 25 years to providing a professional and welcoming podiatry service. Our expertise includes:

- Routine issues, such as nail problems, hard skin and corns.
- Diabetic foot care and check-ups.
- Musculoskeletal problems.
- Orthotic fitting.
- Nail surgery.

- ✓ Our podiatrists are degree trained.
- ✓ Registered with the Health Care Professionals Council (HCPC).
- ✓ Members of the Royal College of Podiatrists.

## Individual Advice:



## Contact Information



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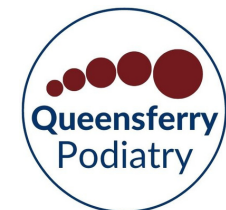
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## Posterior Tibial Tendon Dysfunction



## Guidance for Patients



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## What is Posterior tibial tendon dysfunction?

Posterior tibial tendon dysfunction or PTTD is a dysfunction of the posterior tibialis muscle, resulting in a fallen arch, or flat feet. The tibialis posterior tendon supports the arch of the foot so if it becomes impaired or is not working properly the arch of the foot collapses.

Although this condition typically occurs in only one foot, some people may develop it in both feet.

## What causes it?

Overuse of the posterior tibial tendon is often the cause of PTTD. In fact, the symptoms usually occur after activities that involve the tendon, such as running, walking, hiking or climbing stairs.

## Complications?

Because of the progressive nature of PTTD, early treatment is advised. If treated early enough, your symptoms may resolve without the need for surgery. In contrast, untreated PTTD could leave you with an extremely flat foot, painful arthritis in the foot and ankle and increasing limitations on walking, running or other activities.

There may have a history of injury to the tibialis posterior muscle. Pain in the foot may be a symptom although this may also be associated with a secondary condition, such as a tendinopathy or a muscle or tendon tear in the foot.

## Symptoms

Symptoms of posterior tibial tendon dysfunction may vary depending on the extent of the condition and how far it has progressed.

- In the early stages, as the arch flattens, there is likely to be pain on the inside of the ankle and under the foot.
- There may also be redness and swelling.
- As the condition progresses the arch will fall more, rotate outwards and the ankle will roll inwards.
- Eventually, as the foot collapses flat, pain may be more likely on the outside of the foot.
- Arthritis may also develop in the foot.

## Treatment options

In many cases of PTTD, treatment can begin with non-surgical approaches, which may include:

- Shoe modifications: changes to your shoes may improve arch support.
- Orthotic devices: your podiatrist may provide you with an orthotic device that fits into the shoe, to give your arch the support it needs.
- Immobilization: sometimes a short leg cast, or boot is worn to immobilize the foot and allow the tendon to heal, or you may need to completely avoid all weightbearing for a while.
- Physiotherapy: ultrasound therapy and exercises may help rehabilitate the tendon and muscle following immobilisation.
- Medications: nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, help reduce the pain and inflammation.

In cases of PTTD that have progressed substantially or have failed to improve with nonsurgical treatment, surgery may be required. Your orthopaedic or podiatric surgeon will determine the best approach for you.

