

# Our highly skilled podiatrists

are registered with the Health Care Professionals Council (HCPC) and members of the College of Podiatrists. The practice is accredited by the College of Podiatrists (CoP).

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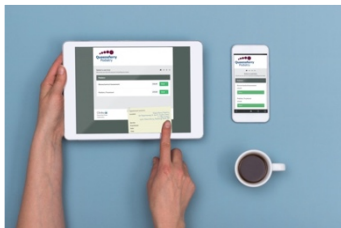
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## Professional and caring podiatrists

# Posterior Tibial Tendon Dysfunction



## Treatment Advice

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## What is Posterior Tibial 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.

*The patient may also 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 nonsurgical approaches that may include:

- **Orthotic devices:** your podiatrist may provide you with a custom 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.
- **Shoe modifications:** changes to your shoes may improve arch support.

In cases of PTTD that have progressed substantially or have failed to improve with nonsurgical treatment, surgery may be required. For some advanced cases, surgery may be the only option. Your foot and ankle surgeon will determine the best approach for you.