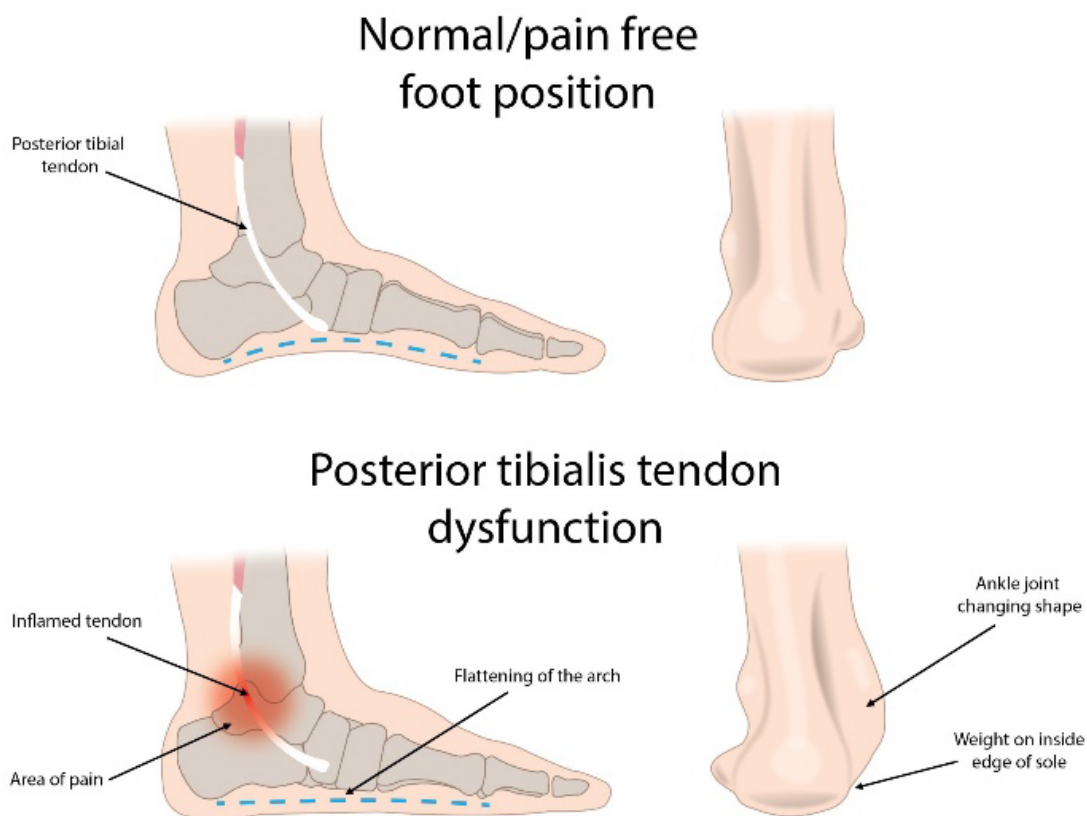


What is PTTD?



Posterior Tibialis Tendon Dysfunction occurs when the posterior tibialis tendon becomes strained, irritated, or weakened. This can cause pain and swelling along the inside of the foot and ankle.

The tibialis posterior muscle sits at the back of the lower leg, and its tendon attaches to several bones in the foot. This muscle helps turn the foot inwards and point the ankle down. It also plays an important role in supporting the arch and keeping the middle of the foot stable when you stand or walk.

If the condition progresses, everyday activities can become more difficult. It can also present with arthritis in the ankle or subtalar joint.

How is it diagnosed?

A healthcare professional will assess your foot and ankle for pain, swelling and function. Scans are not usually needed.



What are the symptoms?

- Pain and swelling along the inside of the foot and ankle.
- Pain that increases with walking, activity, or toward the end of the day
- Difficulty or inability to rise up onto your tiptoes
- A change in foot position, such as the ankle rolling inwards or the arch becoming flatter.

What are the causes/risk factors?

- A history of ankle injuries
- Overuse or a sudden increase in activity levels
- Changes in foot mechanics, such as having flatter feet
- A change in footwear, such as wearing less supportive footwear, including sandals
- A higher body weight
- Health conditions such as diabetes.

How can you manage PTTD?

Non-Operative management:

- Non-operative treatment is usually recommended, and starting early can help prevent symptoms from getting worse.
- Physiotherapy can provide exercises to strengthen the muscles around the foot and ankle.
- Podiatrists may provide insoles to help support the arch of the foot and position of your ankle.
- Wearing supportive footwear, such as a running type trainer or boot. See footwear advise leaflet.
- Avoid slip on or backless shoes, which offer less support.
- Maintaining a healthy weight, which can reduce strain on the tendon.
- In later stages, a brace may be considered to provide additional support.

Do I need surgery?

Surgery is only required in a small number of cases. If your symptoms continue despite non-surgical treatment, a healthcare professional can discuss whether surgery might be an appropriate option for you.

v1.0 Approved by NHS Lothian Patient Information: Mar 26

Review: Mar 29

Review:

Page 2 of 2