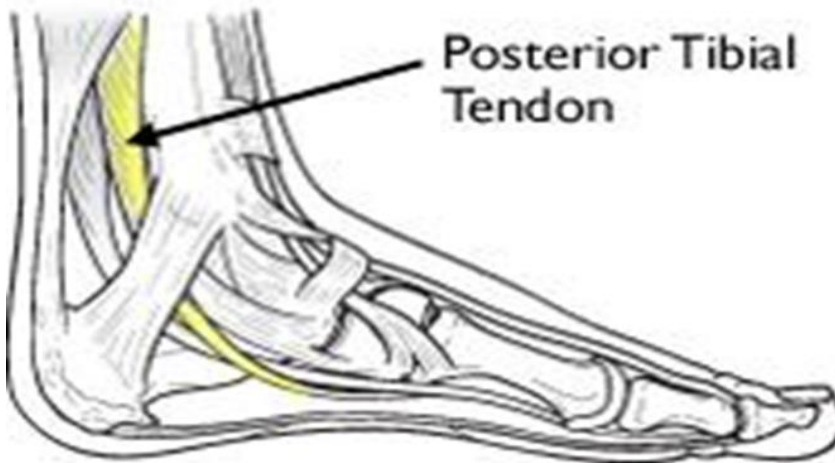


Posterior Tibial Tendon Dysfunction (PTTD)



Posterior tibial tendon dysfunction is a condition that may cause pain, swelling and stiffness of the tendon and inside of the foot. It is thought to relate to 'tiny injuries' (known as microtraumas) which can cause inflammation or later degeneration, and sometimes can partially or fully tear. Pain can make it difficult to walk, stand or do high impact activities such as running.

What Does the Posterior Tibial Tendon Do?

The main function of the tendon is to hold up the arch of your foot when walking. With weakness it will not provide stability and support for the arch of the foot, resulting in flatfeet. There can be an increased risk of tendon issues with flat foot posture, increased bodyweight, increased activity, high impact, or from injury. Over time these injuries can cause muscle weakness and changes in the tendon. Severe pain and limited movement are a sign that you should talk to your therapist for some advice.

Non-Surgical (Conservative) Management

- Modify activity levels to minimise pain.
- Global and specific strengthening exercises – to help reduce pain.
- Cold pack (e.g. gel ice pack) for 20 minutes using skin protection.
- Use supportive footwear, orthotics, strapping, braces or short leg cast (if required).
- Non-steroidal anti-inflammatory drugs (NSAIDs) or a steroid injection.

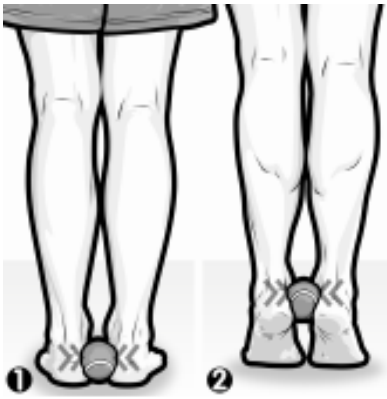
What Exercises Can I Do?



Tibialis Posterior Strengthening

Standing, with your feet hip width apart and pointing straight ahead, lift the inside arches of your feet (so that your weight moves towards the outsides of your feet) but without lifting your big toes or heels off the floor.

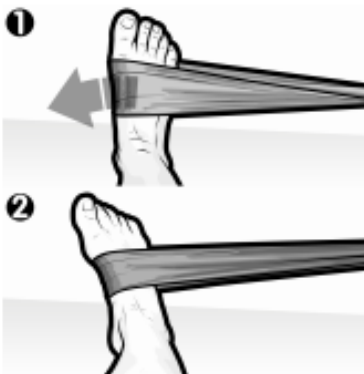
Hold for 5 seconds. REPEAT 30 times per day.



Tibialis Posterior Strengthening with Tennis Ball

Standing, with a small ball between your heels (1) as you push through your big toes and slowly rise up onto the balls of your feet (2). Slowly lower your heels back down to the starting position (1) while continuing to squeeze your heels against the ball.

REPEAT X 15, FREQUENCY X 3 times per day.



Resistance Band Inversion

Attach a resistance band to a fixed object and around your foot. Turn your foot inwards against the resistance, keeping the rest of your leg still during the exercise. Slowly return to the start position and repeat.

REPEAT X 15, FREQUENCY X 3 times per day.