What can I do to help?

See a Podiatrist. They will examine and diagnose your condition.

They will assess and advise you appropriately.

Treatment may include:

Ice - hourly to reduce inflammation
Rest - reduce activity
NSAID - if you can take them
Orthotics - footwear assessment

Eventually when the pain has reduced strengthening exercises will be issued.

Long-term use of insoles will also help to maintain a better foot position and reduce the chance of a re-occurring problem.

Sometimes orthotist input (ankle brace) may be needed.

In severe cases of tear/rupture, total rest in a cast or boot may be advised.

There is a possibility surgery will be needed.

Any questions please ask your Podiatrist?

Comments, concerns or complaints? If you have any comments, concerns or complaints and would like to speak to somebody about them please telephone:

01773 525119

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01773 824171 ext. 5587, or email us at: communications@dchs.nhs.uk


**What is Posterior Tibial Tendon Tendonitis?**

Inflammation of a tendon which has been under extra strain.

**What is Posterior Tibial Tendon Dysfunction? (PTTD)**

Excessive strain which causes tears or a rupture to the tendon. This causes the tendon to be less able to hold the arch of the foot up. This results in a lowered or missing arch.

**Where is the tendon?**

![Diagram of the posterior tibial tendon and surrounding structures.](image)

It runs down the inside of the leg inserting into the inside of the foot at the start of the arch.

The tendon inserts into and around a bone called the navicular.

**How will it present?**

- Painful or aching feeling around the inside of the ankle, made worse by walking and standing.
- The area may be warm and inflamed.
- The arch of the foot will be flatter than it was and the ankle leans inwards (everts).

**What causes it?**

- Poor foot function can lead to overuse of the tendon.
- Excessive activity and poor foot function.
- People with certain medical conditions can be at a greater risk of developing this condition:
  - e.g. Inflammatory disease
  - Diabetes
  - Hypertension
  - Obesity
- Poor footwear with any of the above can increase the severity of the condition.