

POSTERIOR TIBIAL TENDON DYSFUNCTION (PTTD)



Overview

This condition is an overstretching and inflammation of the posterior tibial tendon, which travels from a muscle in the calf down to the arch of the foot. This tendon is one of the major supporting structures of the foot's arch and aids in walking.

Causes

PTTD is most often caused by overuse. Activities such as walking, running, hiking, or climbing stairs for long periods of time on a daily basis may cause this dysfunction. It can also be caused by trauma.

Symptoms

Symptoms may include pain on the inside of the foot and ankle, swelling, a gradual flattening of the arch of the foot, and an inward rolling of the ankle. Eventually, the heel may drift outward, and pain may be felt on the outer side of the ankle.

Treatment

Treatment options include specialized orthotic devices for the shoes, use of a cast, splint or brace, physical therapy, and anti-inflammatory medications. Severe cases may require surgery.

