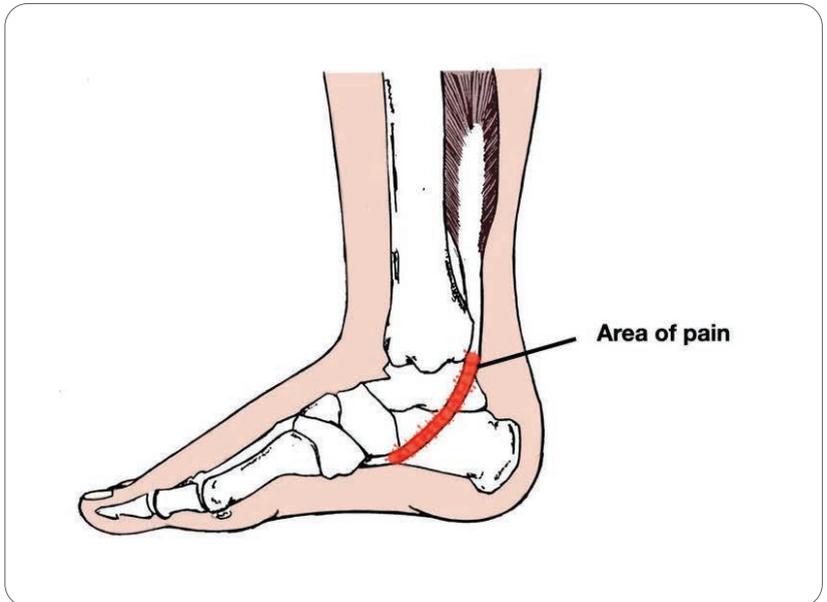


Posterior Tibial Tendon Dysfunction (PTTD)

Frequently Asked Questions



Frequently Asked Questions

1 Is PTTD the cause of my flat feet?

PTTD is often the condition that leads to adult acquired flat feet if left untreated. If you noticed a sudden flattening of your arch in adulthood after a period of pain and swelling along the inside of your ankles, you may have adult acquired flat feet as a result of PTTD.

2 Do I need surgery?

If treated early, non-surgical treatments would usually work for you.

3 Do I really need to change my footwear?

Footwear plays an important role in providing support for the foot, as well as accommodating the insoles prescribed by your podiatrist. For best treatment results, we recommend that you change your footwear based on your podiatrist's recommendations.

4 Will weight loss help with my pain?

Yes, especially if you have a BMI of 23 and above. Weight loss would help reduce the pressure on the posterior tibial tendon when you walk, making it less painful over time.

5 I have flat feet, is that a bad thing?

Not necessarily. There is no one perfect foot posture and everyone has different shaped and sized feet. If you have flat feet, it means that the arch of your foot is closer to the ground. This may add stress to the muscles, tendons and ligaments which are below the foot during weight bearing activities. The extra stress on the foot may increase your risk of developing posterior tibial tendon injuries.

6 How long will it take for my pain to go away?

The amount of time it takes for the pain to go away varies. Reducing the amount of pressure on your tendon can help you recover faster.

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8 My podiatrist has prescribed me insoles. Will I have to wear them for life?

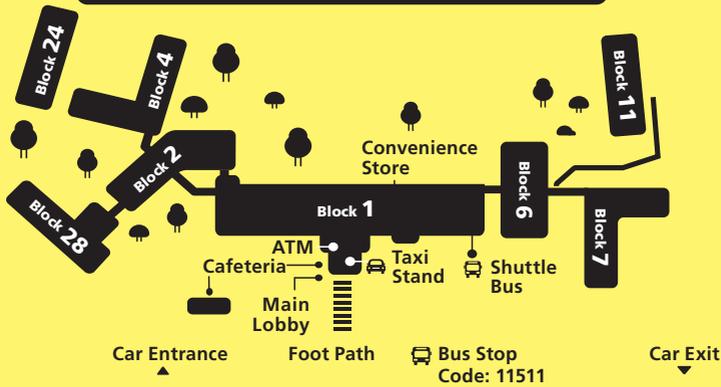
It is very important to use the prescribed insoles regularly as it will help to reduce pain. Once you are not in pain, it is still advisable for you to continue using your insoles to prevent injuries. If you would like to stop using your insoles, please speak to your podiatrist for further advice.

8 What happens if I do not do anything to treat it?

Untreated PTTD can result in permanent damage in one's foot structure. This will affect one's quality of life and ability to move. As such, it is recommended that you seek medical advice and treatment as soon as possible.

If you have any further questions, kindly consult your podiatrist.

How to Get Around Alexandra Hospital



Block 1

Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

Level 2

- Clinic J, Integrated Care Clinic
 - Gynaecology Clinic
 - Outpatient Infusion Centre (OPIC)
 - Podiatry
- Clinic K, Healthy Ageing Clinic
 - Dietetics
 - General Surgery Clinic
 - Palliative Clinic
 - Physiotherapy
 - Rehabilitation & Restorative Medicine Clinic
 - Staff Clinic
 - Urology Clinic
 - Vascular Clinic

Level 3

- Ward 7

Block 2

Level 1

- Clinic D, Dental Centre
- Clinic E
 - Anaesthesia Outpatient Consultation Clinic
 - Orthopaedic Centre

Level 3

- Day Surgery Operating Theatre (DSOT)

Block 4

Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

Level 2

- Wards 2 and 3

Level 3

- Wards 4 and 5

Block 6

Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

Block 7

Level 1

- Wards 8 and 9

Level 2

- Wards 10 and 11

Level 3

- Wards 12 and 13

Block 11

Level 1

- Rehabilitation 2

Block 28

Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (April 2021) and subject to revision without prior notice.

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