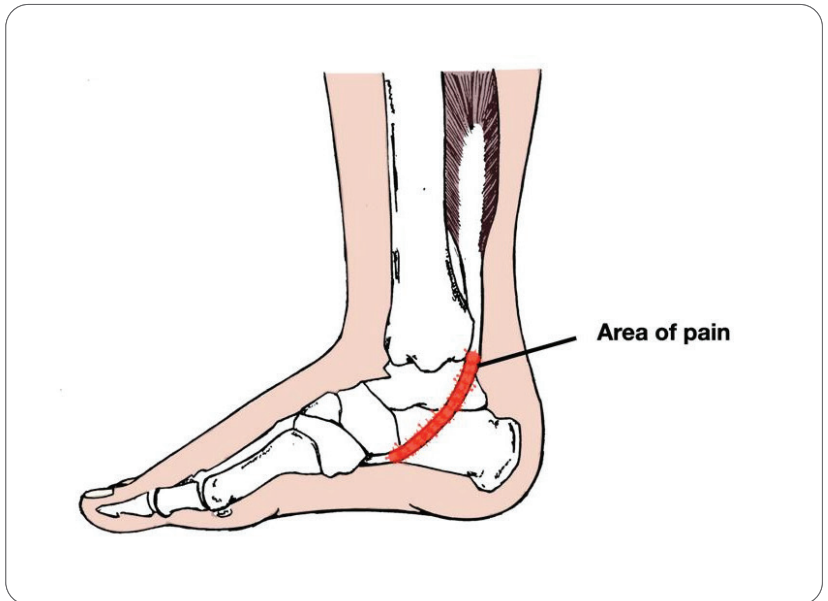


# Posterior Tibial Tendon Dysfunction (PTTD)



## What Is This Condition?

Posterior Tibial Tendon Dysfunction (PTTD), also known as adult acquired flat foot, is a condition caused by overuse of the posterior tibial tendon. This results in inflammation and tears in the tendon, making it weaker and less able to support the foot. This often results in pain and swelling. If left untreated, it may also result in a permanent flattening of the arch.



### Common risk factors of PTTD:

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## Common Treatment Options



### Activity modification

Reduce high impact activities such as running and jumping.



### Icing

To reduce swelling and provide relief. Wear a sock or wrap an ice pack with a towel to avoid cold burns.



### Offloading devices

An ankle brace and/or a removable walker cast can help to reduce adding more pressure on the injured tendon.



### Orthosis

For better control of foot function, to reduce strain on your tendon.



### Footwear

To better support the foot and reduce strain on your tendon.



### Stretches

Calf stretches help restore necessary movement in the ankle. This helps the foot function better.

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## Other Treatment Options



### Strengthening exercises for the lower limb



### Surgery

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

### For More Information, Scan The QR Codes Below:

FAQ



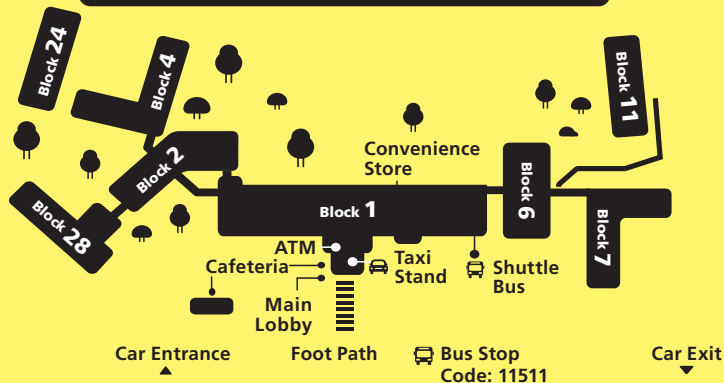
How to Choose  
Appropriate  
Footwear



Exercise  
Videos



# 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 (June 2021) and subject to revision without prior notice.

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