Posterior Tibial Tendon Dysfunction

Posterior tibial tendon dysfunction (PTTD) is a condition caused by overuse of the posterior tibial tendon. Inflammation and tears in the tendon make it weaker and less able to support the foot, resulting in pain and swelling. If left untreated, it may also result in permanent flattening of the arch.

Common risk factors of posterior tibial tendon dysfunction:

- Inefficient foot function
- Obesity
- Tight calf muscles
- Accidents or sudden increase in physical activities
- Repetitive high impact movement
- Inappropriate footwear

Generally, PTTD can take 6-8 weeks to improve with gradual return to activities.

Common Treatment Options:

- Activity modifications. Reduce high impact activities such as running and jumping.
- Icing: To reduce swelling and provide relief. Put on a sock and place an ice pack over the affected area for 10 to 15 minutes.
- Offloading devices such as ankle brace or removable walker.
- Footwear: Choose shoes with appropriate support or cushioning to reduce strain on the tendon.
- Stretches and strengthening exercises on lower legs.

If you have any further questions, kindly consult your medical professional.

https://for.sg/9mb413

https://www.ah.com.sg/Publications/Choosing%20Appropriate%20Footwear.pdf

How to choose appropriate footwear
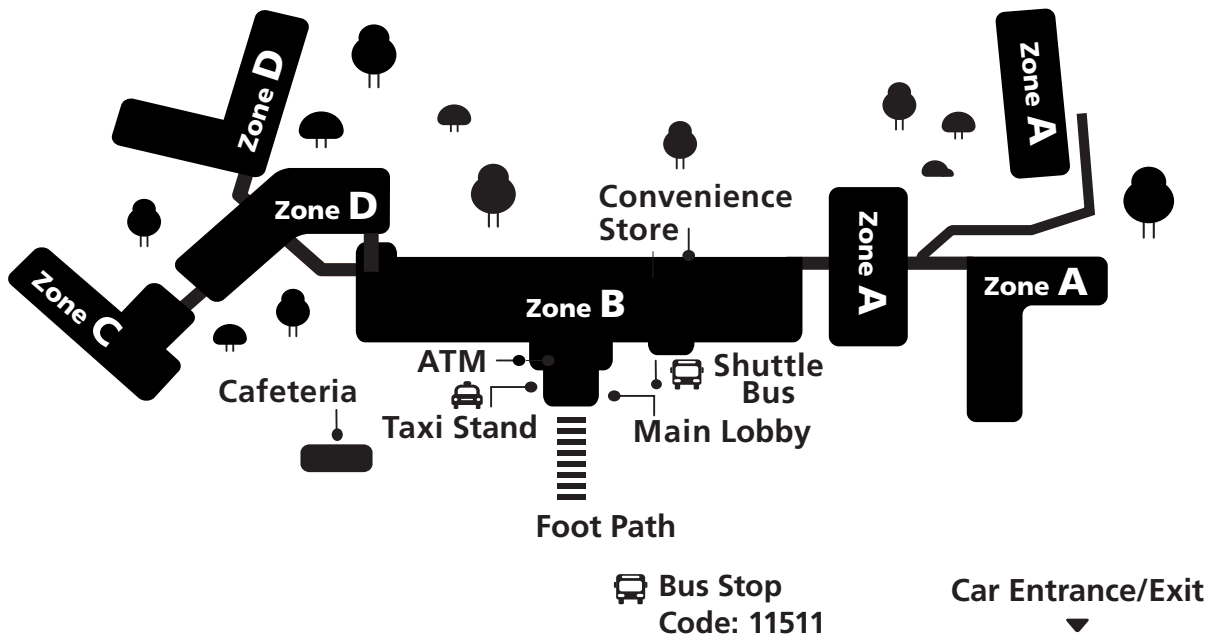
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