



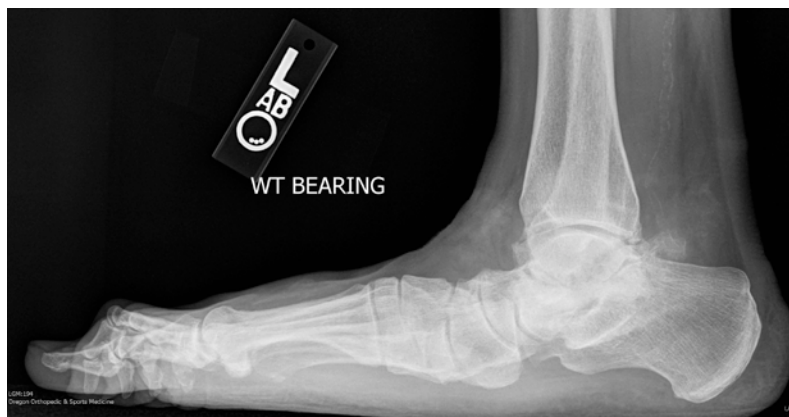
Posterior Tibial Tendon Dysfunction

Posterior Tibial Tendon Dysfunction is a progressive process of weakening and degeneration within the posterior tibial tendon and other structures on the inside of the foot that causes progressive loss of the arch. As the foot flattens, it also moves away from the midline of the body so that some describe having more of a "duck foot". As the tendon becomes degenerative it stretches, becomes less effective, and other structures begin to fail. Patients will often complain of recurring "ankle sprains" on the inside of the ankle that improve with rest only to occur again with little twisting.

If deformity progresses far enough, arthritis can develop due to the abnormal forces seen in the foot and ankle.

Treatment for this disorder centers around removal of stress from the posterior tibial tendon and normalizing the architecture of the foot to decrease pain. We do not currently have a reliable way to improve the function of the tendon.

Initially a period of immobilization and rest may be used. Custom shoe inserts or bracing can often be beneficial. If symptoms continue, surgical intervention is appropriate. Surgery depends on the deformity, but involves altering the architecture of the foot. The surgery is typically performed as an outpatient procedure.



Fixed vs. Flexible deformity (short video without sound): https://youtu.be/4PYRGk9_cb8