**Posterior Tibial Tendon**

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**Transforming patient information into patient understanding.**

The Posterior Tibial Tendon is a main supporting structure of the medial or inner ankle and the arch of the foot. When the tendon is not working properly it is the leading cause of medial ankle pain in the middle aged patient.

When the tendon malfunctions there may be no obvious cause. But usually one of these things is a cause.

- Diabetes
- Hypertension
- Previous ankle or foot injury
- Steroid injections
- Overweight

The support of the arch is lost and a painful flat foot develops. At first the foot is flexible, but over time arthritis develops and the foot becomes rigid.

**Symptoms**

- Pain and swelling on the inner side of the ankle
- The arch has been lost
- The ankle rolls in
- There may be no history of trauma

**Tests**

Compare the feet and ankles and leg from the knee down.

Patient is standing:
- Can’t rise on toes on affected side
- Muscle strength in leg is decreased

**X-rays**

Weight bearing x-rays in the office are standard. An MRI may be needed to actually see the tendon.

**If Untreated**

The condition progresses to a painful flat foot and a noticeable limp.

**Treatment**

- If the Posterior Tibial Tendon is only inflamed, a brace for 4 weeks can help.
- NSAID medication
- Activity limitation
- Wedge on inner heel
- A custom foot and ankle device can be made to support the foot and ankle
Surgery
Always a last resort if above measures don’t help. A tendon transfer or a fusion of some of the bones in the foot are the standard surgical approaches.

Red Flag
If you have medial ankle pain don’t call it a sprain and do nothing. A medial ankle sprain is very rare. Medial ankle pain and the onset of a flatfoot deformity are serious and develop from a Posterior Tibial Tendon problem.

My patients put their trust in me and what I do improves the quality of their lives.

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Be well.
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