

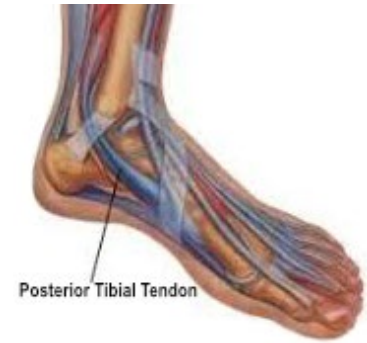
Posterior Tibial Tendon Dysfunction (PTTD):

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Causes, Symptoms, and Treatments

What is Posterior Tibial Tendon Dysfunction?

Posterior Tibial Tendon Dysfunction (PTTD), also known as adult-acquired flatfoot deformity, occurs when the posterior tibial tendon—an essential tendon supporting the arch of the foot—becomes inflamed or torn. This condition can lead to progressive flattening of the foot and impair daily activities.



Causes of PTTD

1. **Overuse Injury:**
 - Repeated strain on the posterior tibial tendon can lead to degeneration or tearing.
2. **Trauma:**
 - Direct injury to the tendon from sports or accidents.
3. **Chronic Conditions:**
 - Rheumatoid arthritis or diabetes can weaken the tendon over time.
4. **Obesity:**
 - Excess weight places additional stress on the tendon.
5. **Aging:**
 - The tendon may lose strength and elasticity with age.

Symptoms of PTTD

- **Pain:**
 - Discomfort along the inner side of the ankle or foot, especially during physical activity.
- **Swelling:**
 - Swelling around the tendon, often visible on the inside of the ankle.
- **Flattened Arch:**
 - Progressive collapse of the foot's arch, leading to flatfoot.
- **Difficulty Walking:**
 - Weakness or inability to stand on tiptoes.
- **Outward Tilt:**
 - The heel may begin to tilt outward, causing uneven weight distribution.



Treatments for PTTD

Non-Surgical Treatments:

1. **Rest and Activity Modification:**
 - Avoid high-impact activities to reduce strain on the tendon.
2. **Orthotics and Braces:**
 - Custom arch supports or ankle braces to stabilize and support the foot.
3. **Physical Therapy:**
 - Exercises to strengthen the posterior tibial tendon and improve flexibility.
4. **Medications:**
 - Anti-inflammatory drugs to manage pain and swelling.
5. **Weight Management:**
 - Reducing weight can alleviate stress on the tendon.



Surgical Treatments:

If non-surgical methods fail to relieve symptoms, surgery may be recommended, including:

- **Tendon Repair:** Removing damaged tissue and repairing tears.
- **Osteotomy:** Realigning bones to restore proper foot function.
- **Fusion Surgery:** Fusing bones in the foot to stabilize and support the arch.

Prevention Tips

- **Maintain a Healthy Weight:** Reduce stress on the tendon.
- **Wear Proper Footwear:** Supportive shoes can prevent strain.
- **Avoid Overuse:** Gradually increase activity levels to avoid tendon overload.
- **Strengthening Exercises:** Engage in foot and ankle exercises to maintain tendon health.