Posterior Tibialis Tendon Dysfunction

Posterior tibial tendon dysfunction is one of the most common problems of the foot and ankle. It occurs when the posterior tibial tendon becomes inflamed or torn. As a result, the tendon may not be able to provide stability and support for the arch of the foot, resulting in flatfoot.

The posterior tibial tendon is one of the most important tendons of the leg. A tendon attaches muscles to bones, and the posterior tibial tendon attaches the calf muscle to the bones on the inside of the foot. The main function of the tendon is to hold up the arch and support the foot when walking.

Dysfunction can occur from:

- A Fall
- Overuse

Once the tendon becomes inflamed or torn, the arch will slowly fall (collapse) over time.

Symptoms are:

- Pain along the inside of the foot and ankle, where the tendon lies.
- Swelling
- Pain that is worse with activity.
- High-intensity or high-impact activities, such as running, can be very difficult.
- Walking or standing for a long time
- Pain on the outside of the ankle. When the foot collapses, the heel bone may shift to a new position outwards.:

Recommended Orthotic Construction:

- **A Deep Heel Cup or UCBL type construction to limit motion**
- **Semi Rigid to rigid**
- **Supported on the medial (Inside part of arch)**
- **Wide orthotic shell ushioning at the inflamed area**