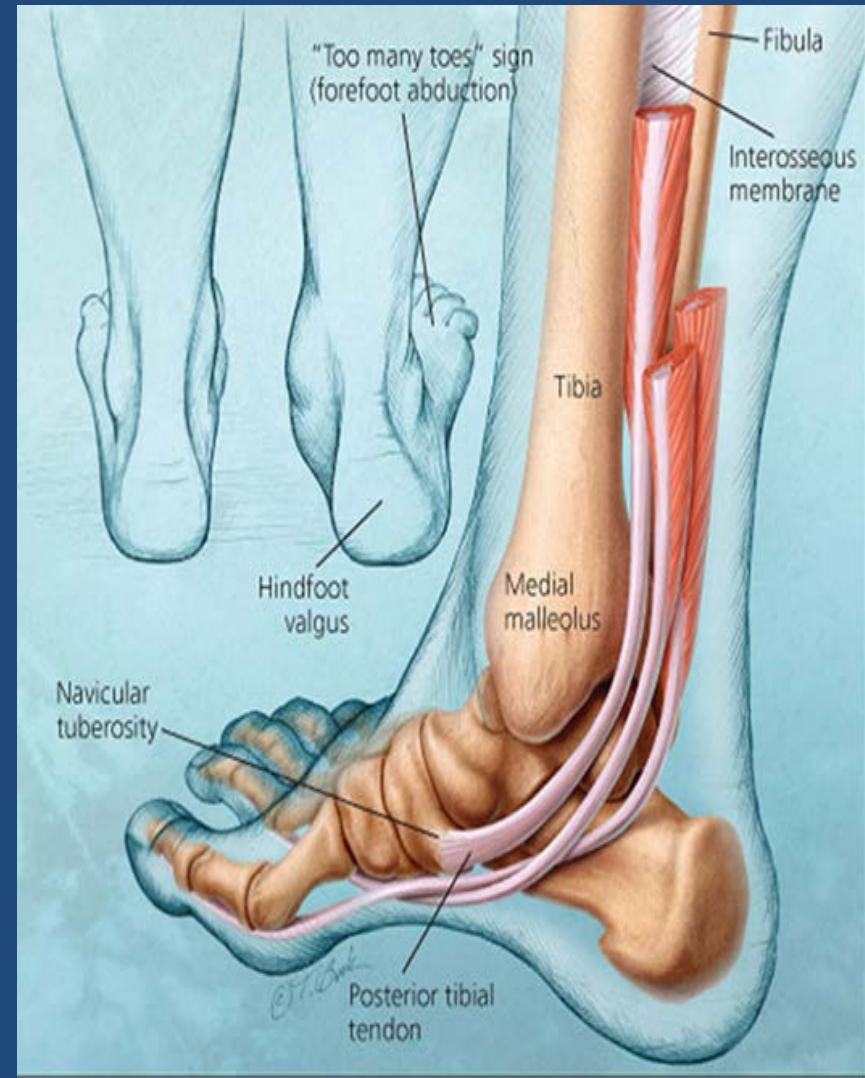


My Ankle...Posterior Tibial Tendon Insufficiency

Posterior Tibial Tendon (PTT)

- Big tendon
- Location: Inside part of ankle
- Function:
 - Turn foot in
 - Maintain the arch



Typical Presentation

- Gradual onset
- Arch collapses
- Foot becomes very flat



Over Time....

- “Foot rolls inward”
- Progressive pain/deformity



PTT Tendinopathy : Symptoms

- Arch pain/swelling
- Arch collapses
- Acquired flat foot



Symptoms

- Decreased strength
- Cannot rise on one foot



Who is at risk?

- Usually middle-aged and older individuals
- Females > males
- Often sedentary



Other Risk Factors

- Excessive body weight
- Preexisting flat feet
- Diabetes



Stages (Severity of Condition)

- Stage I-Early
 - no deformity
- Stage II-Moderate
 - painful, flexible flat foot
- Stage III-Advanced
 - Stiff/painful flat foot



Progression Over Time



Traditional Nonoperative Treatment

- Anti-inflammatory medication
- Orthotics
- Braces
- Immobilization
- Physical therapy
 - Modalities
 - Strengthening



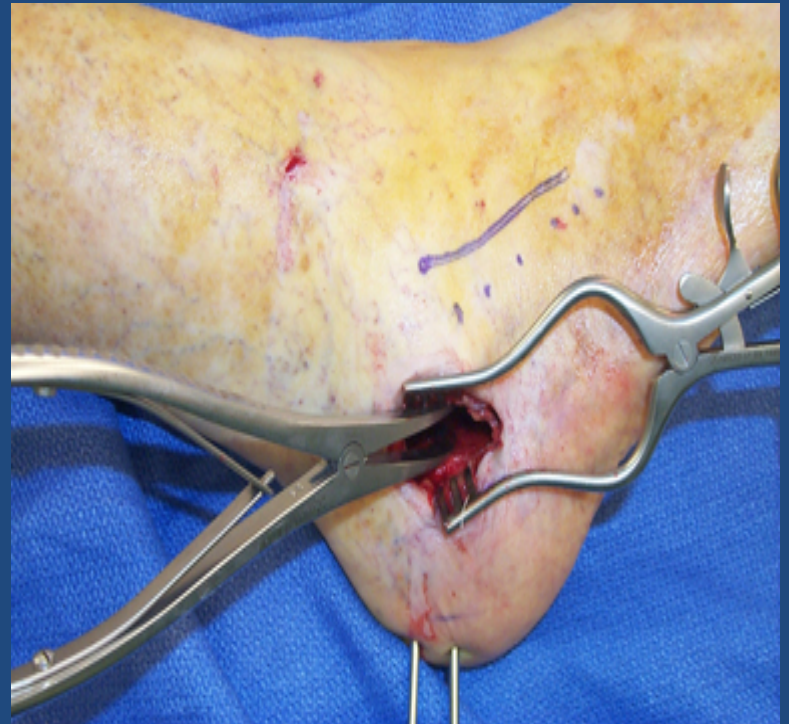
Surgical Options

- Many
- Depends on stage
- Options
 - Tendon debridement
 - Tendon transfers
 - Bone realignments
 - Bone Fusions
 - Combinations of above



Heel Bone Realignment and Tendon Transfer

- Popular surgical option
- Usually.....
 - Corrects deformity
 - Reduces pain
 - Improves strength



Prognosis

- Nonoperative treatment-fair
- Surgical treatment-mostly good/excellent
- But....
 - Requires immobilization
 - Protected weight bearing
 - Lengthy recovery

