

Practice Protocol: Posterior Tibial Tendonitis

Nature: Sharp pain while weightbearing, Dull ache at the end of the day

Location: Medial ankle and foot

Onset: Gradual, can present after a long period of WB

Course: It gets progressively worse if not treated

Aggravating Factors: Walking barefoot, shoes with no support, increased activity

Testing:

1. Double Heel Rise Test (Determines if the Rearfoot Valgus is Flexible)
2. Single Heel Rise Test (Confirms PTTD if patient cannot raise heel on affected side)
3. Too Many Toes Sign (Shows Abduction of Feet)
4. X-ray (used to evaluate foot position)
5. MRI (used to determine if there is a tendon tear)

Differential Diagnosis:

1. Degenerative Joint Disease Subtalar/Talonavicular Joint
2. Fracture Navicular/Medial Malleolus
3. Deltoid Ligament Tear



Our Treatment Options

Conservative

1. Betterform/Custom Orthotics
2. Supportive Shoes/Molded Shoe
3. Oral NSAIDs
4. Bracing (Ritche, Arizona, ASO)/Strapping/Unna Boot
5. CAM Walker
6. Physical Therapy



Surgical

Stage 1: Primary Repair/Reinforcement of the Posterior Tibial Tendon

Stage 2: FDL Tendon Transfer, Calcaneal Osteotomy, Arthroeresis

Stage 3: TN Fusion, Medial Column Fusion, Calcaneal Osteotomy, Triple Arthrodesis

Stage 4: Triple Arthrodesis with Calcaneal Osteotomy