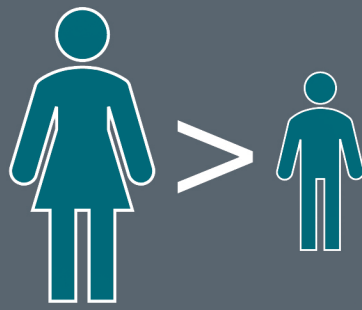
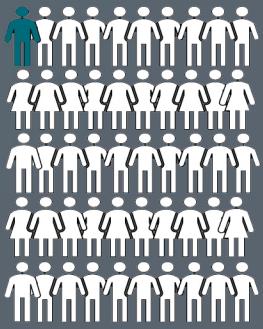


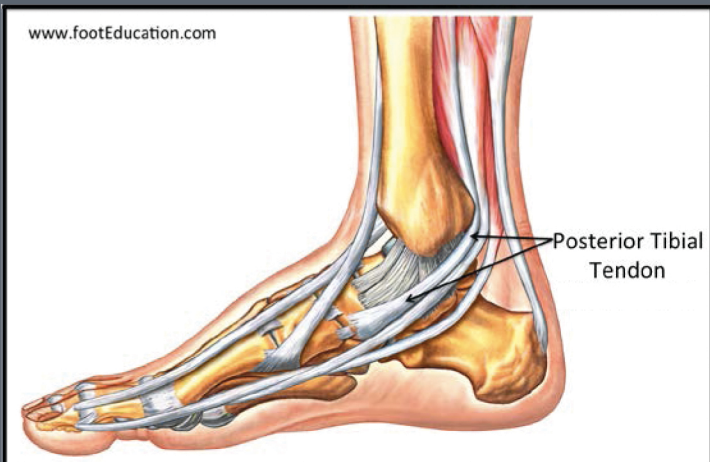
# Posterior Tibial Tendon Dysfunction

1 out of 100 people have symptoms associated with flatfoot<sup>1</sup>



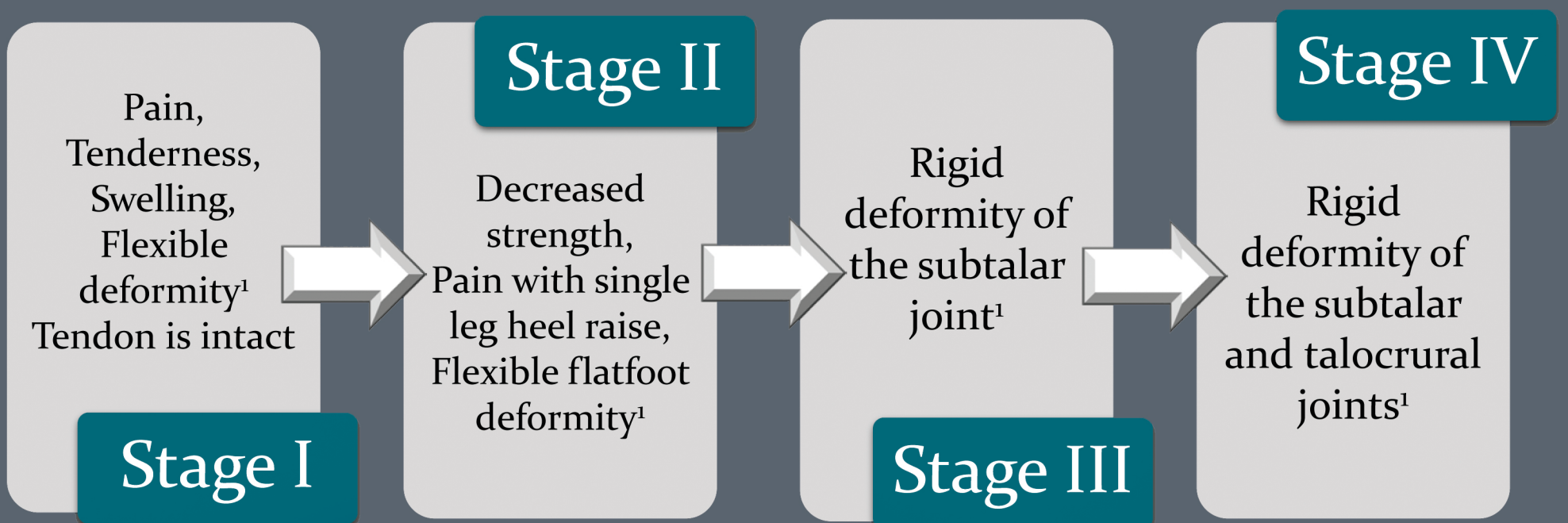
Posterior tibial tendon dysfunction (PTTD) affects females more often than males<sup>1</sup>

Runners with low arches are 3x more likely to have PTTD than runners with high arches<sup>2</sup>



PTTD is a degenerative and progressive condition of the posterior tibialis tendon.

Diagnosis is based on stages:



Clinical Exam

## Observation

Rearfoot valgus  
Forefoot abduction  
Loss of arch height  
Flexible vs. rigid

## Mobility

Ankle ROM  
Gastroc-soleus flexibility  
Talocrural and subtalar joint mobility

## Function

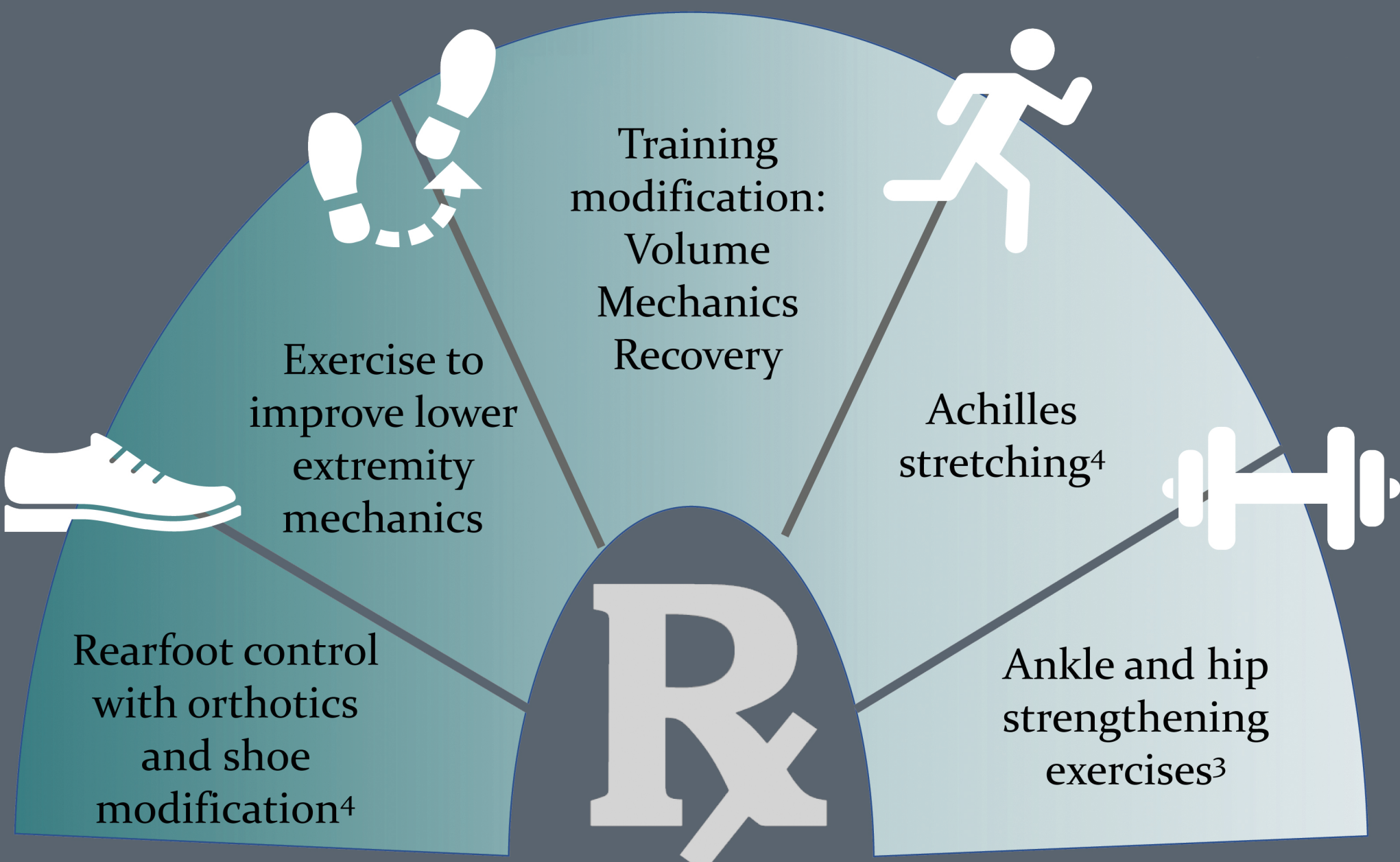
Gait mechanics  
6-minute walk  
Single leg balance

## Strength

Single leg heel raise  
Ankle MMT  
Hip MMT

## Palpation

Pain  
swelling



1. Ling SKK, Lui TH. Posterior tibial tendon dysfunction: an overview. *The Open Orthopaedics Journal* 2017; 11: 714-723. 2. Williams DS, McClay IS, Hamill J. Arch structure and injury patterns in runners. *Clinical Biomechanics* 2001; 16: 341-347. 3. Ross MH, et al. Exercise for posterior tibial tendon dysfunction: a systematic review of randomized clinical trials and clinical guidelines. *BMJ Open Sport and Exercise Medicine* 2018; 4:e000430. 4. Geideman WM, Johnson JE. Posterior tibialis tendon dysfunction. *Journal of Orthopaedic and Sports Physical Therapy* 2000; 30(2): 68-77.