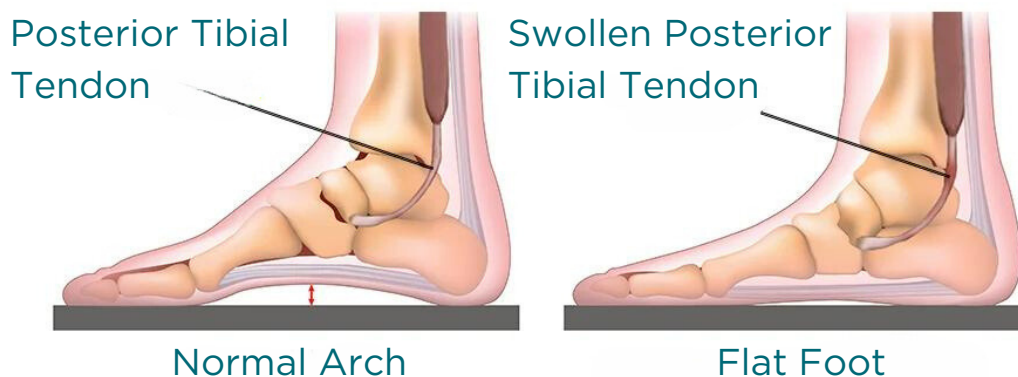


Posterior Tibialis Tendon Dysfunction

Posterior Tibialis Tendon Dysfunction (PTTD) is a condition that affects the posterior tibialis tendon in your foot and ankle. This tendon's job is to support the arch of your foot and ankle. When this tendon gets hurt it can cause pain and swelling and may lead to the flattening of the foot.



What can cause PTTD?

Main causes include:

- Acute injury or overuse.
- Age.
- Health conditions such as obesity, diabetes, and hypertension.

How is PTTD diagnosed?

- Image tests like X-rays, ultrasounds, or MRI scans.
- Physical exam: Your doctor will look at your foot and ankle for signs of swelling and pain.

What are my treatment options?

Bracing	An ankle brace can help support your ankle.
Casts	A soft cast or boot that will keep your ankle still.
Medicine	Aspirin, Tylenol, or Motrin can help with pain and swelling.
Surgery	A doctor can repair the damaged tendons.
Physical Therapy	PT can help with muscle recovery and tendon healing.
Shoe inserts	Orthotics can help with arch support.



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