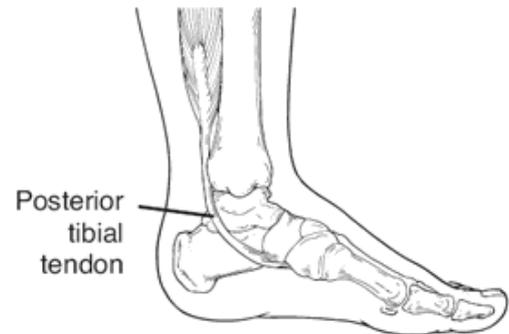


## Posterior Tibial Tendonitis Information sheet

### **What and where is the Posterior Tibial tendon?**

The Posterior Tibial tendon connects to the back of the shin bone, then runs down that bone, under the heel, to the bones on the inside part of the foot, near the arch. The tendon helps us walk and helps hold up the arch of the foot.



### **What are the symptoms?**

- There is generally a gradual onset of symptoms
- Pain in the region of the inner lower leg and ankle.
- Ache or stiffness that increases with rest following excessive activities
- As the condition progresses, patients may also experience pain during these activities
- In severe cases, the pain can restrict activity
- Pain can be noted by pressing along the length of the tendon
- Single leg heel raises can be painful.

### **Contributing factors to the development of Posterior Tibial Tendonitis**

There are several factors which can predispose patients to developing this condition. These need to be assessed and corrected with direction from your podiatrist and may include:

- poor foot biomechanics (especially flat feet)
- inappropriate or excessive activity
- inadequate warm up
- inadequate recovery periods from sport or activity
- inappropriate footwear
- muscle weakness (particularly of the Posterior Tibial, calf, quadriceps and gluteals)
- muscle tightness (particularly of the Posterior Tibial and calf)
- joint stiffness (particularly the ankle, foot, knee, hip and lower back)
- inadequate rehabilitation following a previous lower limb injury
- poor pelvic and core stability
- being overweight

Input from Physiotherapy and the Orthotic service may also be required.

## **How can it be treated?**

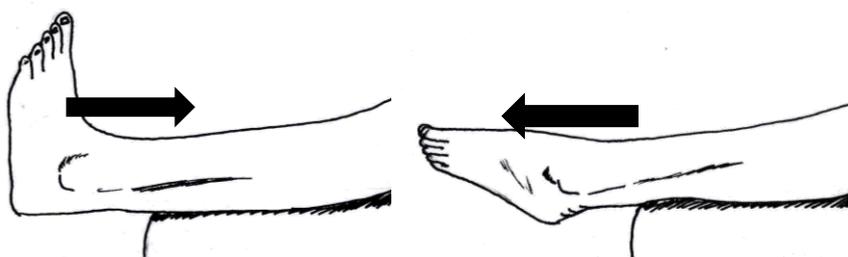
If it's caught early enough, Posterior Tibial Tendonitis can be resolved simple with rest, ice, anti-inflammatories. Many people can be helped with good footwear and /or orthotics for their shoes that can help support the arch. Some patients will benefit from physical therapy to help restore mobility. Possible therapies include,

- exercises to improve strength, flexibility, balance and core stability
- anti-inflammatory advice (e.g. ibuprofen)
- activity modification advice
- biomechanical correction (e.g. the use of orthotics)
- footwear advice
- joint mobilization
- stretches

## **Simple Exercises**

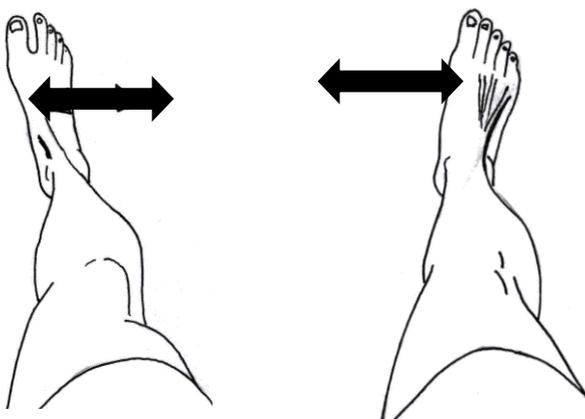
### **Foot and Ankle Up and Down**

Move your foot and ankle up and down as far as you can go without pain and provided you feel no more than a mild to moderate stretch. 10 - 20 repetitions 2-3 times a day provided the exercise is pain free.



### **Foot and Ankle In and Out**

Move your foot and ankle in and out as far as you can go without pain and provided you feel no more than a mild to moderate stretch. 10 - 20 repetitions 2-3 times a day provided the exercise is pain free



#### **Useful Information for patients**

[www.nhsinform.co.uk](http://www.nhsinform.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.paintoolkit.org](http://www.paintoolkit.org)

nhs24 MSK Help App