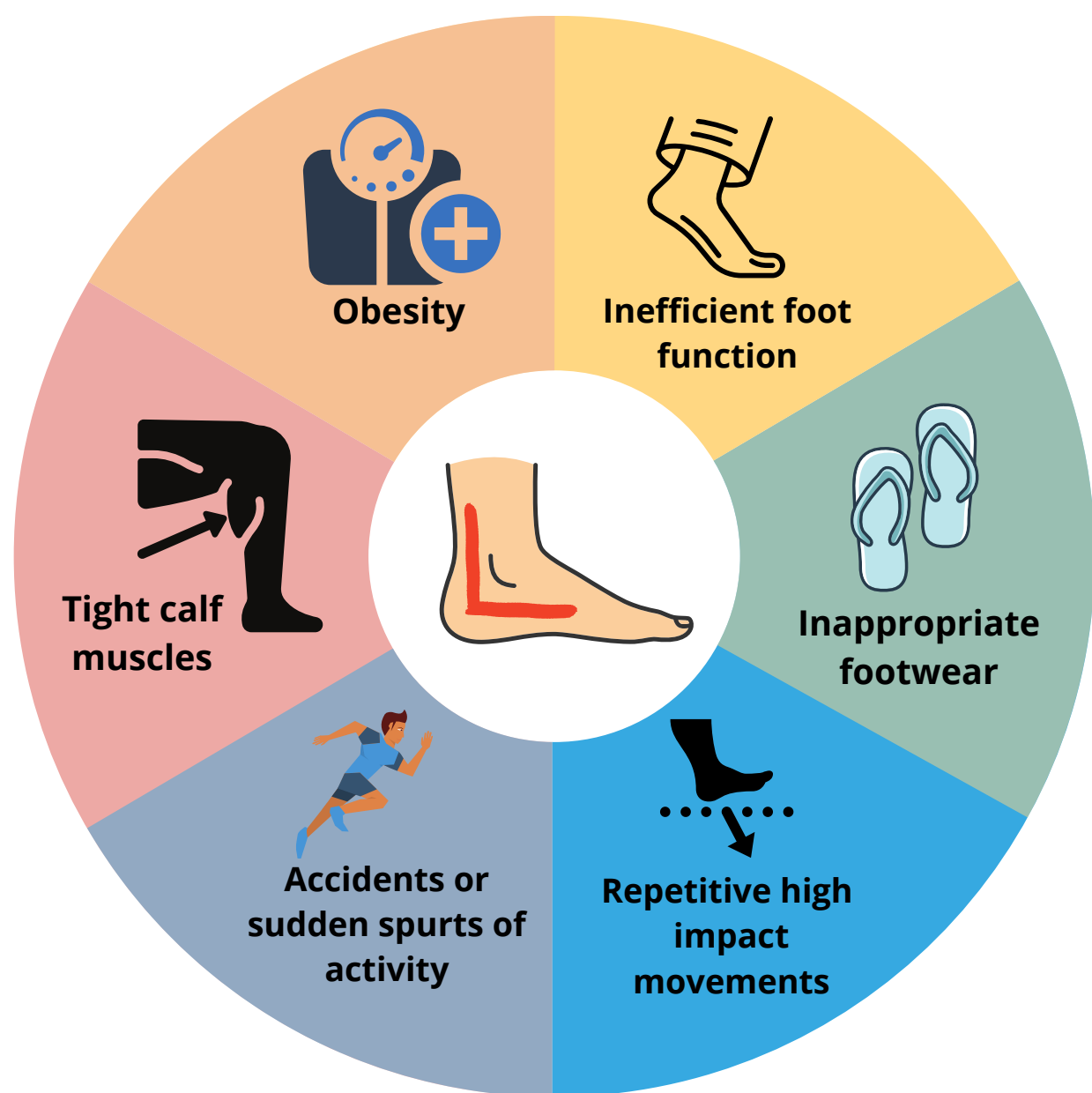


# Posterior Tibial Tendon Dysfunction

Posterior Tibial Tendon Dysfunction (PTTD), also known as Adult Acquired Flatfoot Deformity, is a condition caused by overuse of the posterior tibial tendon. Inflammation and tears in the tendon make it weaker and less able to support the foot, resulting in pain and swelling.

If left untreated, it may also result in a permanent flattening of the arch.

## Common risk factors of PTTD:



## Scan the QR codes for more information:



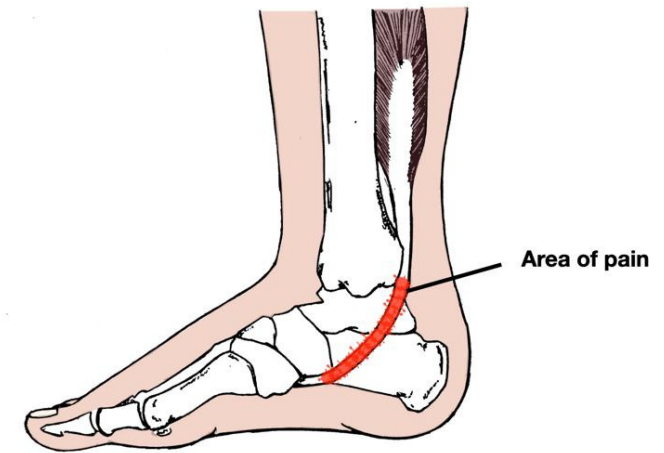
Stretches and Exercises for PTTD



How to Choose Appropriate Footwear



FAQs on PTTD



## Common treatment options:



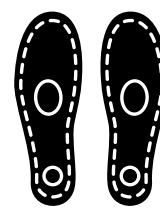
**Activity modification** - Reduce high impact activities such as running and jumping



**Cold compress** - To reduce swelling and provide relief. Put on a sock and place an ice pack over the affected area for 10 to 15 minutes



**Offloading devices** - An ankle brace and/or a removable cast walker can offload pressure from the injured tendon



**Orthoses** - For better control of foot function and to reduce strain on your tendon



**Footwear** - Choose shoes with appropriate support or cushioning to reduce strain on the tendon



**Stretches** - Calf stretches help restore necessary movement in the lower limb

## Other treatment options:



Strengthening exercises for the lower limb



Surgery

For more information, kindly consult your podiatrist.