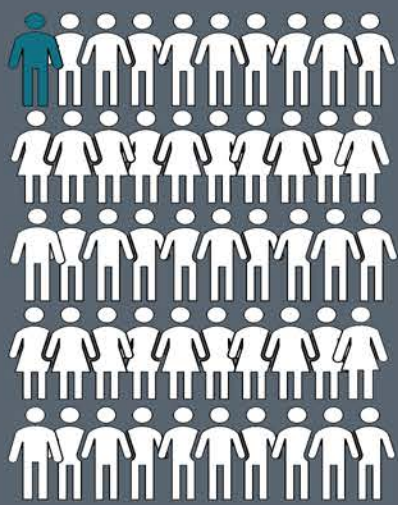
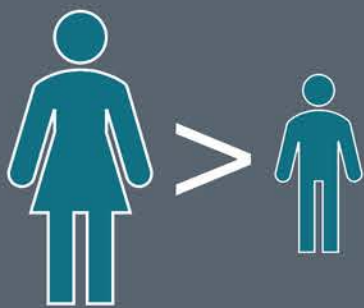


Posterior Tibial Tendon Dysfunction



1 out of 100 people have symptoms associated with flatfoot¹



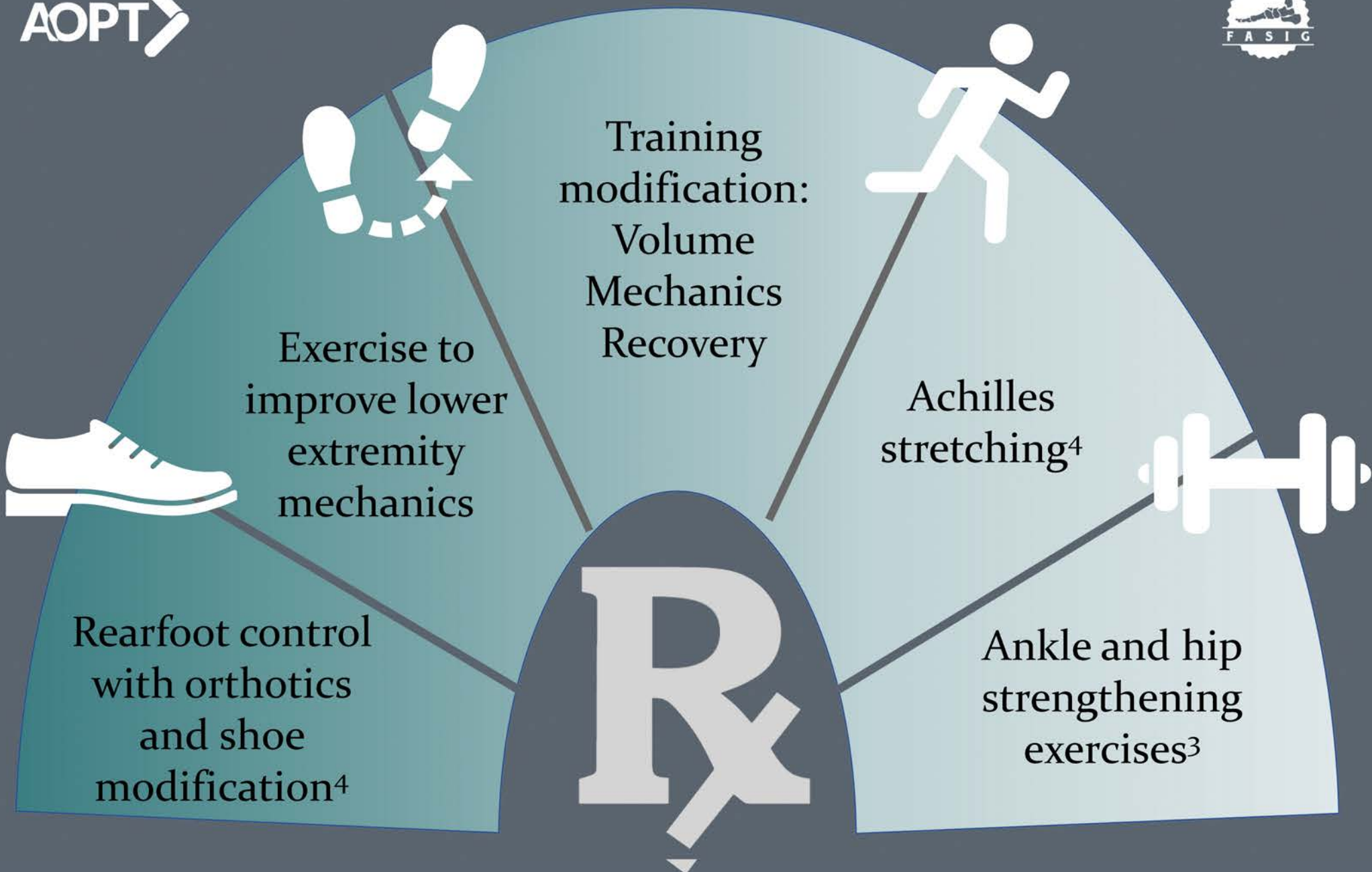
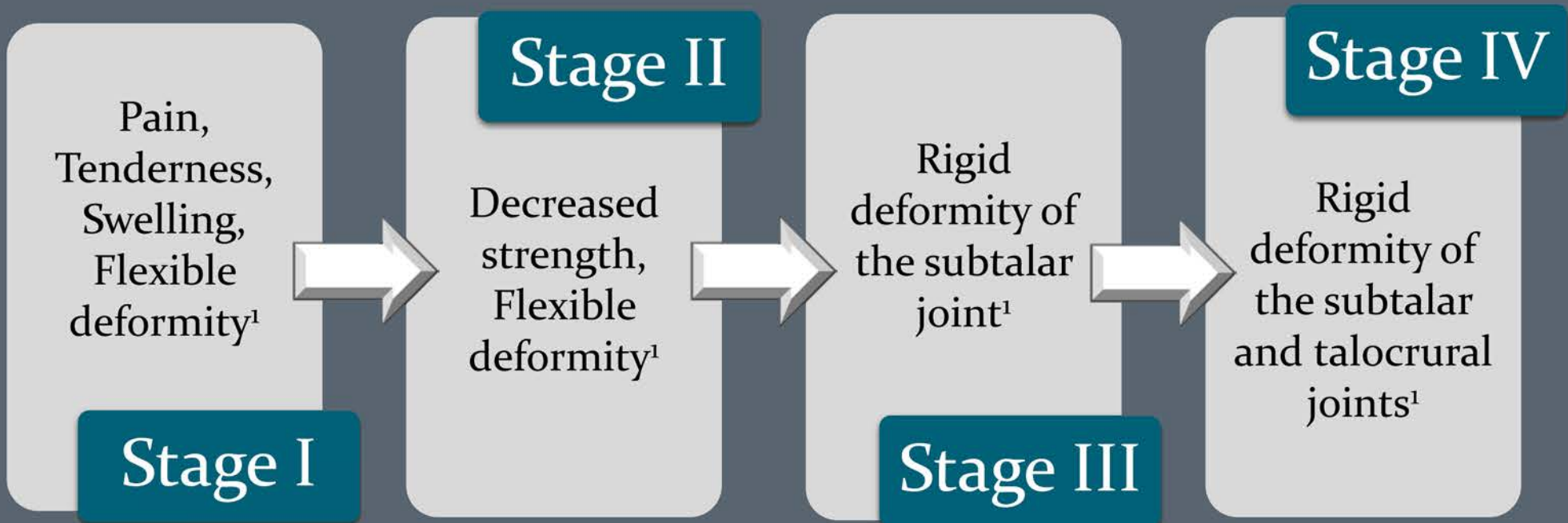
Posterior tibial tendon dysfunction (PTTD) affects females more often than males¹

Runners with low arches are 3x more likely to have PTTD than runners with high arches⁶



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

Diagnosis is based on stages:



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.