

## Posterior Tibial Tendon Dysfunction

### Frequently Asked Questions

**01 Is Posterior Tibial Tendon Dysfunction the cause of my flat feet?**

Untreated Posterior Tibial Tendon Dysfunction (PTTD) often leads to Adult Acquired Flatfoot Deformity. If you notice a flattening of your arch in adulthood accompanied by pain and swelling along the inside of your ankles, you may need to see a podiatrist for further assessment.

**02 Do I need surgery?**

Surgical management should be considered if the tendon has ruptured, or if all conservative management has been unsuccessful.

**03 Do I really need to change my footwear?**

Footwear plays an important role in providing support for the foot and accommodating the insoles prescribed by your podiatrist. For the best treatment results, we recommend that you change your footwear based on your podiatrist's recommendations.

**04 Will weight loss help with the pain?**

Yes, weight loss can potentially reduce PTTD pain. When you reduce your body weight, you are putting less load on your feet. This in turn reduces the pain you will experience.

**05 How do I fix it?**

Your podiatrist will need to first conduct a thorough assessment. Following this, he or she will identify the best management approach for you. This often involves a combination of prescription insoles, footwear modifications and exercises.

**06 I have flat feet, is that a bad thing?**

Not necessarily. Feet differ in shapes and sizes, and there is no perfect foot posture. If you have flat feet, it means that the arch of your foot is closer to the ground. This may add stress to the muscles, tendons and ligaments that are below the foot during weight-bearing activities. The extra stress on the foot may increase your risk of developing posterior tibial tendon injuries.

**07 How long will it take for the pain to go away?**

This is dependent on the effectiveness of the management plan and individual compliance, which can vary from person to person. Reducing the amount of pressure on your tendon can help you recover faster.

**08 My podiatrist has prescribed insoles. Will I have to wear them for life?**

It is very important to use the prescribed insoles regularly as doing so will help to reduce pain. Even if you are no longer in pain, continued use of the insoles will be beneficial. Please speak to your podiatrist for further advice.

**09 What happens if I do not do anything to treat it?**

Untreated PTTD can result in permanent damage to your foot structure and affect your quality of life and mobility. Therefore, we recommend that you seek medical advice and treatment as soon as possible.

**If you have any further questions regarding your heel pain, kindly seek advice from your podiatrist.**

