

90 Second or Less Foot Fact

Posterior Tibial Tendinitis

What is it?

Posterior Tibial Tendinitis is a common condition of a tendon on the inside of the ankle and arch of the foot. This condition can afflict both men and women, however, women over 40 years of age are more commonly affected. Swelling and pain on the inside of the ankle is common. The foot collapsing inward can occur in more severe cases.

What are the risks:

Collapse of the arch in severe cases.

Rupture of the tendon necessitating surgery.

Joint damage due to a collapsed arch.

Pain elsewhere in the foot, knee, hip or back from compensating.

What NOT to do:

Avoid running and jumping activities until the pain and swelling subside.

Don't wear flat shoes, sandals or no shoes at all.

Don't resume a weightbearing exercise routine until given the green light.

Avoid purchasing multiple inserts and shoes hoping the next one will solve the pain.

Timeline Expectations:

If the condition is diagnosed and treated early enough, relief is possible within 2-6 weeks. If pain, swelling and an inward collapse of the arch has occurred, relief could take months. Getting the inflammation down and supporting the foot and ankle as early as possible will lead to faster relief and minimal chance of long-term consequences.

The BIG picture:

Posterior Tibial Tendinitis can lead to a tendon rupture and collapse of the arch if not diagnosed and treated early enough. When pain and swelling occur on the inside of the ankle our antenna is raised for this condition. Keeping the foot and ankle supported is mission critical to long-term success. A person can resume normal activities as soon as the pain and swelling have been resolved.