

m health

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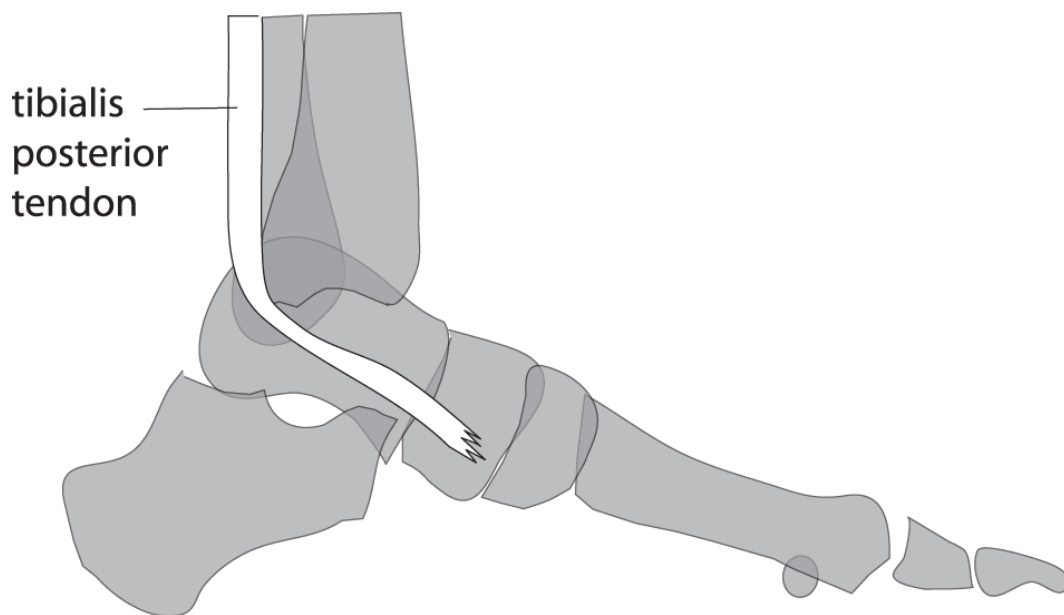


TIBIALIS POSTERIOR TENDON PROBLEMS

READ THIS FOR INFORMATION AND BOOK WITH OUR **FOOT DOCTOR** TODAY!

What is it ?

The Tibialis Posterior tendon helps support the arch of the foot. When the tendon becomes injured it becomes painful behind the inside of the ankle and on the side of the arch. Injury to the tendon can be caused by excess weight, training load, strain and poor foot function.



Who gets it ?

Those who have a large BMI, wear poorly supported footwear, pronate excessively, train incorrectly and participate in high intensity multidirectional activities

Why is it important to treat it?

Treatment aims to resolve pain, but also if left untreated, the tendon may degenerate and could tear or rupture. The foot can become flat and weak with slower walking or limping that can place additional strain on other areas of the body.

What treatment is available ?

If the tendon is inflamed, using conservative approaches to anti inflammation helps. Such as rest and the use of ice for intervals of 10 mins on 20 mins off x 3 after. If medically suitable the use of anti-inflammatories such as Ibuprofen may also help.

The tibialis posterior tendon usually becomes strained when the arch is excessively stretched. To stop this stretching, shoes with a fastening on the arch are essential for daily use. Running shoes or walking boots can give most support; flexible or slip on shoes & sandals should be avoided.

To avoid this common condition getting much worse and potentially impacting your quality of life. Book with our mhealth podiatrist today! Podiatry can help with offloading, by way of strapping and orthotics as well as provide the appropriate assessment and management of any mechanical causes.

Exercises are important in increasing the healing response of the tendon as well as strengthening the tendon to avoid re occurrence

Strengthening exercises:

- Leg Muscle Strengthening
- Theraband (red recommended) tied in a loop
- Wrap around midfoot and hook around chair/table leg
- Heel remains on ground
- Moving foot against resistance of band
- Start foot flat on ground
- Movement = twist foot so inside of arch (instep) is turned up towards roof (ball of foot will likely be facing opposite direction of band)
- Return back to foot flat on ground straight in front
- Heel should not move from original position (acts as pivot point)
- Only small movement required from foot straight on ground to turned up toward roof
- Repeat 20x each foot or until fatigued
- Twice each leg
- 2x p/day



**Heel should not
leave the ground**



**Try and undertake this 5 times a week but discontinue
this exercise if it aggravates symptoms**

What if it doesn't work ?

We may need more information about the condition such as imaging. We may increase treatment with a less conservative approach such as immobilisation, injection therapy and in some cases a surgical consult.