



Posterior Tibial Tendonitis

What is it?

Posterior tibial tendinitis is tendonitis of the Posterior tibial tendon. It is usually caused by overuse of the affected limb. The tendon does not have good blood supply or cell activity, so this injury can be slow to heal, leading to chronic “tendinosis” or even dysfunction.



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Acute Treatment:

- Decrease jumping, running (especially hills)
- Cross train in meantime (ie: swimming, water running, elliptical, cycling, etc.)
- Shoe inserts (with good medial arch support) or custom orthotics
- Ankle ASO brace – sometimes helpful
- Topical Diclofenac (Voltaren) gel
- Stretch hamstrings and calf
- Consider Walking boot

Chronic Treatment:

- Walking Boot
- Physical therapy – Eccentric exercises, etc.
- Cortisone injections – occasionally used
- Neutral Alignment – feet and knees straight while walking, standing, sitting, and running
- Single leg calf raise on edge of book
- Richie Brace
- Shockwave Therapy
- Orthobiologic injections – Prolotherapy or Platelet Rich Plasma (PRP) injections
- Surgery – sometimes required for severe cases