

# Foot Clinic

## CONDITIONS TREATED

- Achilles Tendonitis • Arch Pain / Arch Strain • Athlete's Foot • Bunions (Bunionettes)
- Callouses / Corns • Claw Hammer Mallet Toes • The Diabetic Foot • Heel Pain • Heel Spurs
- Ingrown Toenail • Knee Pain • Metatarsalgia • Morton's Neuroma • Morton's Toe • Neuropathy
- Overlapping Toes • Over Pronation (Flat Feet) • Plantar Fasciitis • Post-tib Tendonitis
- Sports Injuries • Shin Splints • Verrucae

## SERVICES INCLUDE

- Gait Analysis • FootScan • Orthoses

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## Posterior Tibial Tendonitis

Posterior Tibial Tendonitis is a strain of the Posterior Tibial Tendon which runs along the inside of the ankle and the foot.

When there is Posterior Tibial Tendon dysfunction the tendon does not hold up the arch resulting in flat feet. This can lead to heel pain, arch pain, Plantar Fasciitis and/or Heel Spurs.

With Posterior Tibial Tendonitis pain will be more severe upon weight bearing especially while walking or running. Posterior Tibial Tendonitis occurs when the muscle is over used and the tendon (soft tissue) that connects the muscle to your bone is strained. Years of over-pronation (flat feet) can also lead to Posterior Tibial Tendon dysfunction. If you keep over using the muscle, damage to the tendon builds up and Tendonitis develops. At first the pain or swelling may come and go quickly but eventually the problem may become more permanent, eventually leading to foot collapse. A serious complication of this condition is that if left untreated the tendon may rupture leading to disability.

Early treatment of this condition is indicated to prevent serious problems. This includes the use of orthoses to support the foot and relieve tension on the tendon allowing the body to heal the area. In severe cases options include the use of plaster or Paris casts or orthopaedic walkers to immobilise the foot and ankle. In the case of tendon rupture surgical intervention is inevitable and post surgery most will require foot orthoses.

