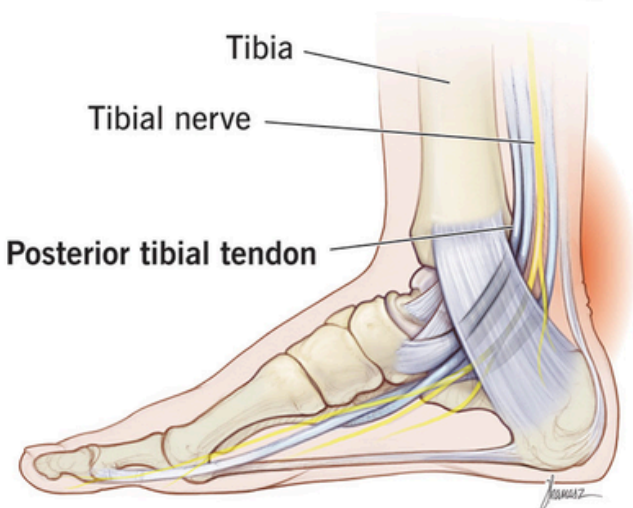


# Posterior Tibial Tendon Dysfunction (PTTD)

**Pain along the inner aspect of the foot/ankle**

The posterior tibial tendon plays a key role in supporting the arch and preventing excessive pronation (flattening) during standing and walking.

This tendon is prone to inflammation, which can lead to degeneration and reduced function, leading to flatfoot deformity.



Treatment focuses on supporting and stabilizing the arch to prevent excessive pronation. This helps reduce strain on the posterior tibial tendon.

Management includes supportive footwear, custom orthotics, and/or custom bracing.