



IMG PHYSICAL THERAPY

805 N RICHMOND STREET, SUITE 103, FLEETWOOD, PA 19522

PHONE: 610-944-8140 FAX: 610-944-8190 IMGPT.COM

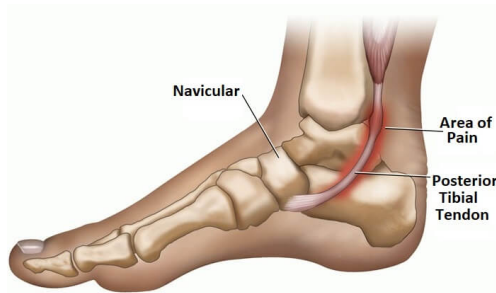
CHRIS GORDOS, DPT ERIC PARRISH, MPT

ANDREA MILLER, DPT MORGAN SHADE, DPT LAUREN OLSEN, DPT

Posterior Tibial Tendon Dysfunction (PTTD)

What is PTTD?

Progressive condition of the foot & ankle leading to pain and weakness, and eventually a collapsed arch of the foot



Most common cause of adult-acquired flatfoot!

Causes

- Repetitive stress on foot
- Irritation of muscle tendon
- Partial or full tear of tendon
- Arch of foot flattens

Signs & Symptoms

- Pain and swelling on inside of ankle or foot
- Ankle rolls inward
- Uneven wear on shoes (usually on inside of sole)

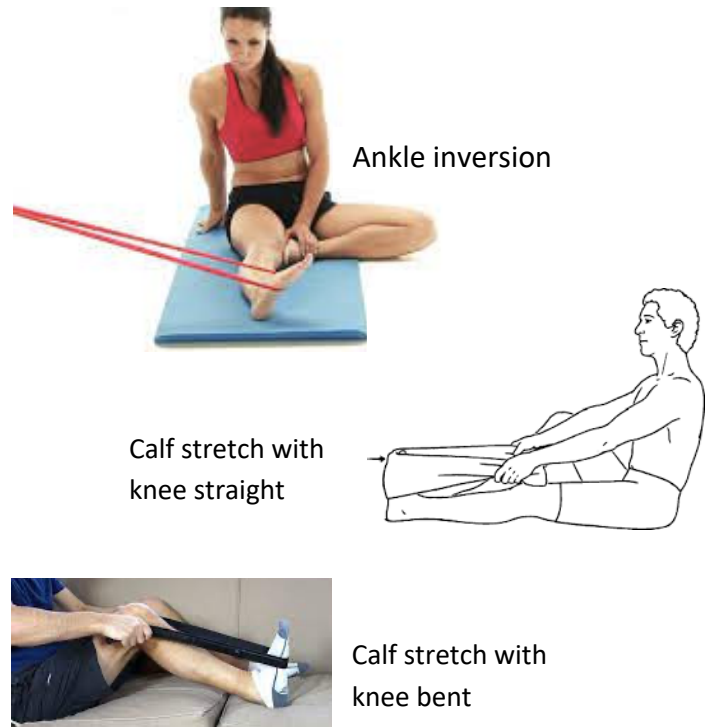
Treatments

Orthotics

- These provide support to the arch of the foot and can help relieve foot & ankle pain

Exercise

- Ankle inversion with resistance band – turn ankle inward and focus on slow and controlled return to starting position. Do 2 sets of 15 & repeat 3-5 day per week
- Calf stretch – in a seated position, use a towel or a strap to pull your toes toward your face. Hold for 30 seconds & repeat 3 times both with your knee straight and your knee bent. Perform at least 3 days per week
- Foot Care 6 – Call IMG-PT @ **610-944-8140** or visit **imgpt.com** for more information on these exercises!



Ankle inversion

Calf stretch with knee straight

Calf stretch with knee bent