

Posterior Tibial Tendinitis

What is it?

Pain along the inner (medial) side of the lower leg, ankle and foot due to repetitive stress/friction.

What causes it?

Improper running mechanics.
Improper footwear. Prior to injury to the medial side of the ankle

Symptoms

Pain and tenderness over the inner side of the shin, ankle and foot. Pain when walking or running. Some swelling may be noted over the tendon.

Top Tips

Ice, immobilise and obtain prescription anti-inflammatories as soon as possible. Consider getting a gait analysis assessment carried out.

How to Treat it

RICER. Anti-inflammatories.



Rehab

After pain subsides, stretch and strengthen the calf muscles to support the tendon. Arch supports may be required until tendon heals and muscles are strengthened. Gradual re-introduction into activity is important. Proper warm ups and cool downs. Proper footwear and corrections of any mechanical inefficiency.

Definitions

RICER – rest, ice, compress, elevate, refer

Tendon – flexible, inelastic connective tissue attaching muscle to bone

Associated Conditions

- Ankle Sprain
- Peroneal Tendon Subluxation
- Peroneal Tendinitis
- Osteochondritis Dissecans (Ankle)
- Ankle Supination
- Pronation
- Retrocalcaneal Bursitis
- Extensor and Flexor Tendinitis

Get Help Now

Products

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