

Condition: Tibialis Posterior Dysfunction

Symptoms

- Pain and swelling on the inside of the ankle
- Loss of the arch (flatfoot)
- Difficulty walking or standing for long periods

Clinical Examination Findings

- Tenderness over the tibialis posterior tendon
- Swelling along the course of the tendon
- Difficulty or inability to stand on tiptoes

Diagnosis

Tibialis posterior dysfunction is a problem with the tendon that supports the arch of the foot, leading to flatfoot and other complications.

Treatment Goals

- Primary: Reduce pain and swelling
- Secondary: Support the arch and improve foot function
- Ultimate: Prevent progression of flatfoot and return to normal activities

Recommended Treatment and Management

- Rest and reduced weight-bearing activities
- Ice and compression to manage swelling
- **Custom Feet Orthotic devices to support the arch**
- Physical therapy focusing on strengthening and flexibility exercises
- NSAIDs for pain relief, if necessary

At-Home Management

- **Use of Custom Feet orthotic insoles**
- Ankle and foot exercises as advised by a therapist
- Elevate and ice the foot to reduce swelling
- Avoid activities that strain the foot

Additional Information

Early intervention can prevent progression. In severe cases, surgery may be required to correct the foot structure.