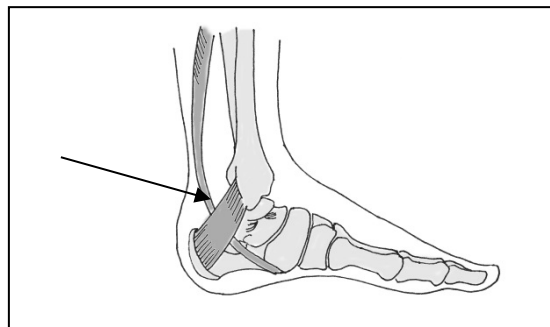


Tibialis posterior tendinopathy

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

Tibialis posterior is a muscle in the calf. It has a tendon which runs around the inside of the ankle and attaches in the instep of the foot. It functions like a brace to hold up the arch of the foot. Tibialis posterior tendinopathy is an injury or problem with your tibialis posterior tendon.



Symptoms

The main symptom is pain, usually around the inside of the ankle and into the instep of the foot where it attaches. You may also have some stiffness. The pain is usually worse first thing in the morning and may interfere with your day-to-day life.

At first you may find that you have pain when you start and finish exercise, but the pain goes away during exercise or activity. Over time, as the injury gets worse, you may also have pain during exercise and it may become constant. You may also have some swelling and your tibialis posterior tendon might feel tender when you touch it.

Causes

The main cause of tendinopathy is wear and tear of the tendon over a period of time. As you get older your tendon becomes less flexible and less able to cope with the stress that walking puts on it. In some cases, very small tears start to develop and if you carry on walking or running, the tears don't heal and the tendon becomes weaker.

Tibialis posterior tendinopathy is more likely to develop if you:

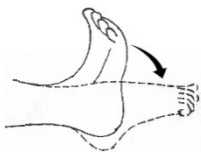
- increase how far and how fast you walk or run
- start exercising too quickly after a period of reduced activity
- change the shoes you wear, or wear the wrong type of shoes
- have stiff or weak calf muscles
- roll your feet inwards when you walk/run (overpronation)
- are overweight

Treatment

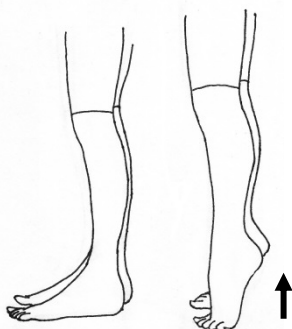
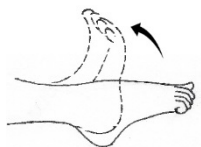
The symptoms of tibialis posterior tendinopathy can take several months to get better. There are a number of things you can do to help. The main ones are listed below:

- Reduce the amount of weight bearing exercise you are doing and how often you exercise; this will help to rest your tendon
- Wear shock absorbing, supportive shoes / trainers
- Consider the use of pain relieving medications and cold therapy
- Supportive insoles or arch supports in your footwear may help
- Maintain a healthy weight
- Exercise in a swimming pool or use a static bike
- Specific exercises may help – see next section

Daily exercises



- It is important to 'warm up' your foot before getting out of bed or after rest, gently flex your foot up and down 10 times



- Stand on the floor, holding on for support. Slowly go up onto your toes and gently lower your heels down again. Repeat 10 times, twice a day



Heel raises

- As pain allows, progress to single leg heel raises

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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