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Posterior Tibialis Tendonitis

What is it?

The posterior tibialis tendon is a tendon that runs along the inside of the ankle and foot. When this tendon becomes weakened it does not hold up the arch, and can result in a flattening of the arch. This can lead to heel pain, arch pain, pain and swelling on the inside and below the ankle and tenderness at the inside edge of your foot. Initially the pain may come and go, but eventually it becomes more regular with any walking or running.

What causes it?

Posterior tibialis tendonitis is an inflammation of the tendon that runs along the inside of the ankle and attaches to the middle of the foot along the inside edge. Inflammation may be caused by biomechanical factors such as abnormal pronation that repetitively stretches this muscle and tendon. It can also result from being overweight, or from previous trauma, inflammatory diseases such as rheumatoid arthritis, Reiter's syndrome or psoriatic arthritis. Excessive repetitive force such as running on a banked track or road can also cause the inflammation.