

Tibialis Posterior Dysfunction

Presentation

Pain and swelling medial hind foot

May have lateral ankle pain / reduced walking distance

Tender over tib post tendon

Valgus heel / abd forefoot / loss medial arch

Unable to perform single heel raise

Classification

Stage 1– tib post inflammation

Stage 2 - tib post no longer functional, acquired flat foot

Stage 3 - as stage 2 with subtalar joint valgus

Stage 4 - arthritic changes in ankle also present

**If rupture suspected
refer to A and E**

**Refer to Podiatry
(Podiatry to decide if physiotherapy referral necessary)**