

Early Stage Treatment For Posterior Tibial Tendon Dysfunction

Chong Keen Wai

Managing Director, BJIOS Orthopaedics

Adj Ast Professor, Duke-NUS Graduate Medical School

Visiting Consultant, Singapore General Hospital

Past Chairman, AOTrauma Singapore

Posterior tibial tendon is also known as Adult acquired flatfoot deformity. In the past, this condition was not well recognized and the patient is only treated at a very late stage. The options in late stages involves various degrees of hind and midfoot arthrodesis which sacrifices the joints and their mobility.

In recent years, Orthopaedic surgeons are better educated in foot and ankle pathologies. We are increasingly diagnosing PTTD in Stage 1 or early Stage 2. In these stages, there are joint sparing treatment modalities. Even more advanced is the modality of subtalar arthro-ereisis, percutaneous calcaneal osteotomies, endoscopic tendon procedures which offers minimally invasive options with equally good results.