

# TREATING POSTERIOR TIBIAL TENDONITIS

IF SIMPLY RESTING THE INJURY DOES NOT HEAL IT OR REDUCE PAIN LEVEL, SOME MORE INVASIVE TECHNIQUES MAY BE EMPLOYED.



## PHYSICAL THERAPY

Physical therapy seeks to provide more support throughout the foot, as well as create stability and improve blood flow to the area to instigate healing processes.



## ACTIVITY ADJUSTMENT

Using proper technique while exercising can not only prevent injury, it can help to heal an injury that has already occurred.



## EXTRA SUPPORT FOR THE FOOT

Wearing a brace or other support device can allow an injured tendon to heal. This may be necessary depending on the severity of the injury.



## CORTICOSTEROID INJECTIONS

This treatment injects cortisol into the area that is experiencing pain. This can help ease pain in the short term but should be closely monitored as it has damages soft tissue over time.



## SURGERY

There are many surgeries available depending on the injury. Some seek to reattach tendons that may have snapped, others may seek to repair a tendon by removing inflamed tissue, and many more. The surgery that a doctor recommends **depends on the severity of the injury, as well as the patient's history.**

# Posterior Tibial Tendon Repair Protocol

**Jiyuan Zhang**

A red circular graphic with a gradient, appearing as a semi-circle or a partial ring, located to the right of the author's name.

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