

# The Tibialis Posterior

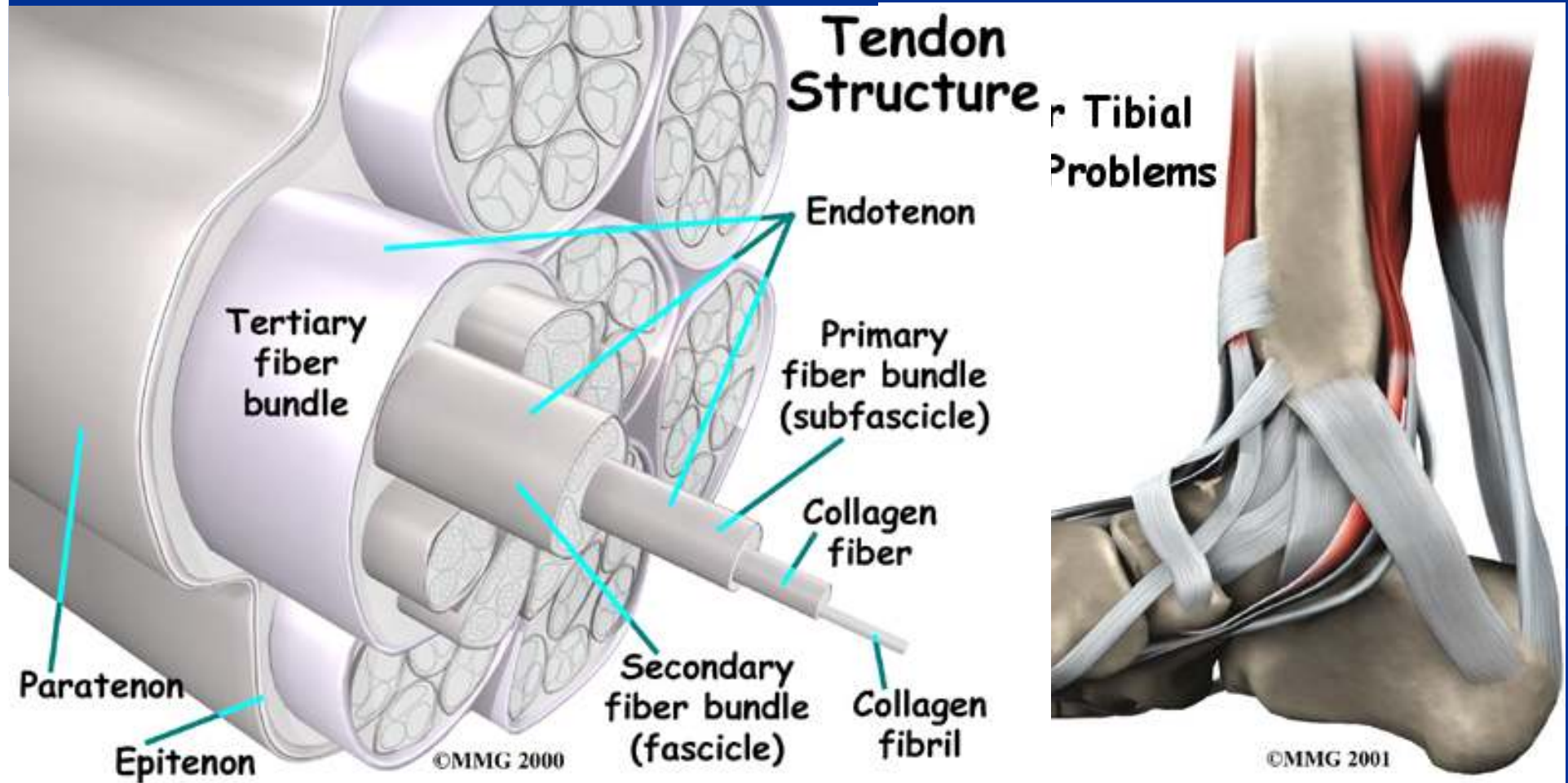
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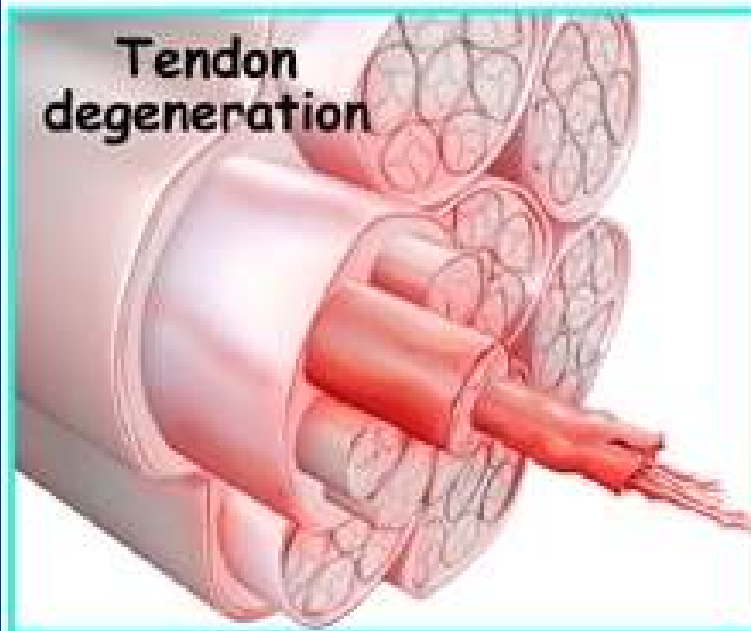


# Anatomy



# Pathology

## Posterior Tibial Tendonosis



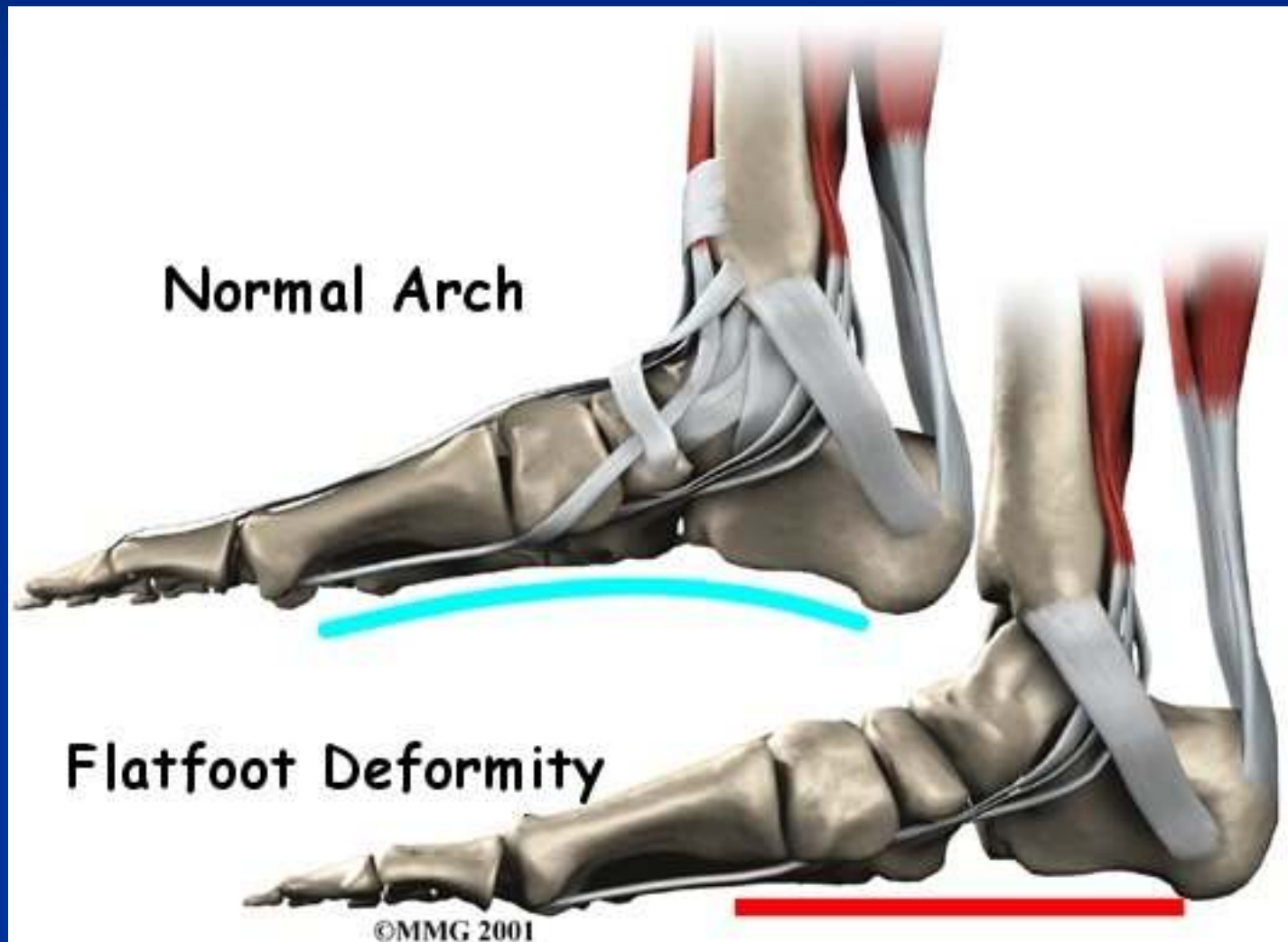
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# Etiology

- Tib post has 1.5 cm excursion
- Static supporters become overloaded and painful
  - Spring ligament, TN capsule, Plantar Fascia
- Painful Flatfoot develops
  - Hindfoot equinus and valgus
  - Midfoot collapse and abduction

# Mechanical Changes



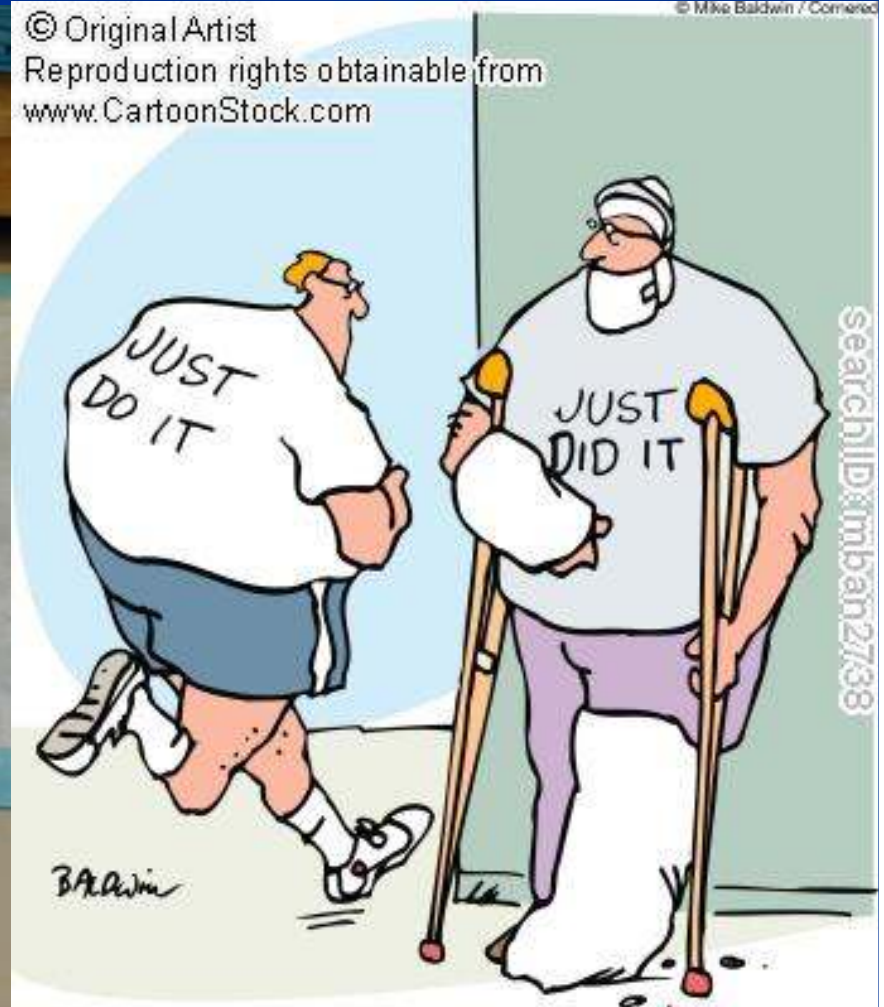
# Presentation

- 40-60 years 15% bilateral
- 75% women
- Obese
- Vague, insidious onset, activity related medial pain
- 50% traumatic event
- Calf pain
- deformity

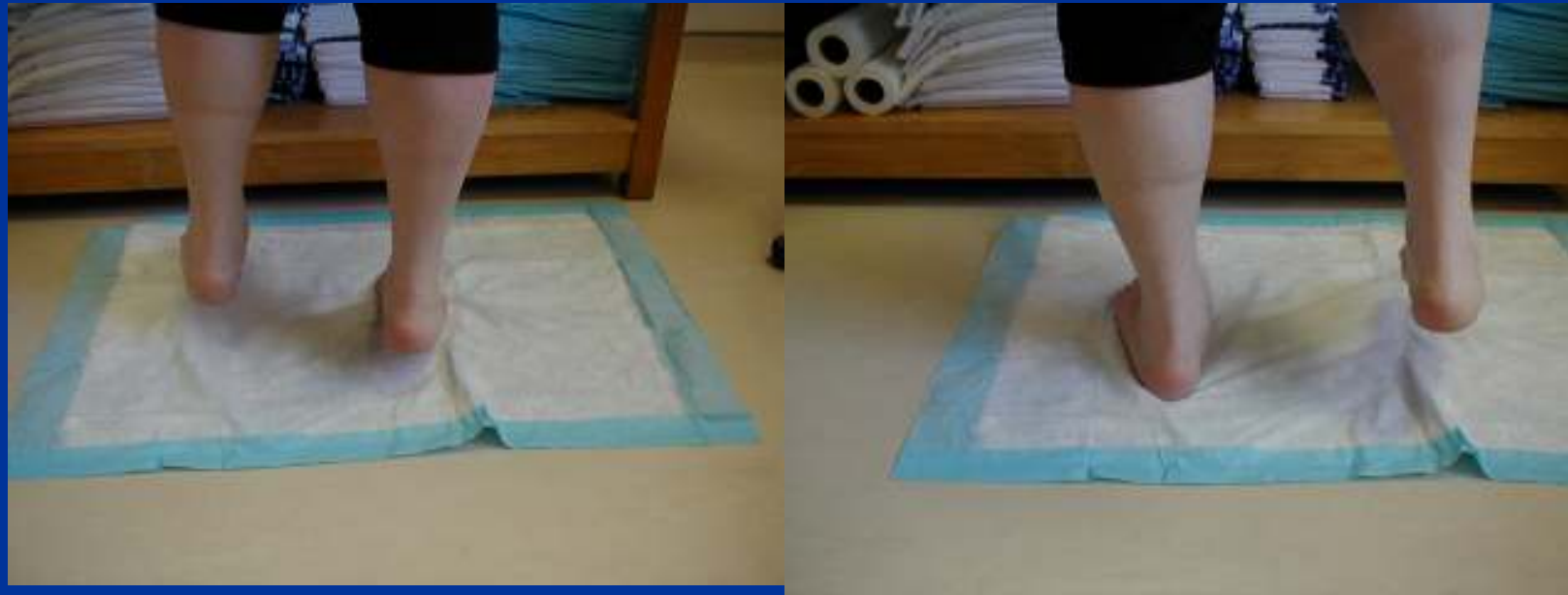
# Examination

- Tenosynovitis
- Deformity
  - Rigid or passively correctable
- Equinus contracture
- “too many toes sign”
- Single limb heel raise
- Lateral pain
  - Stiffness

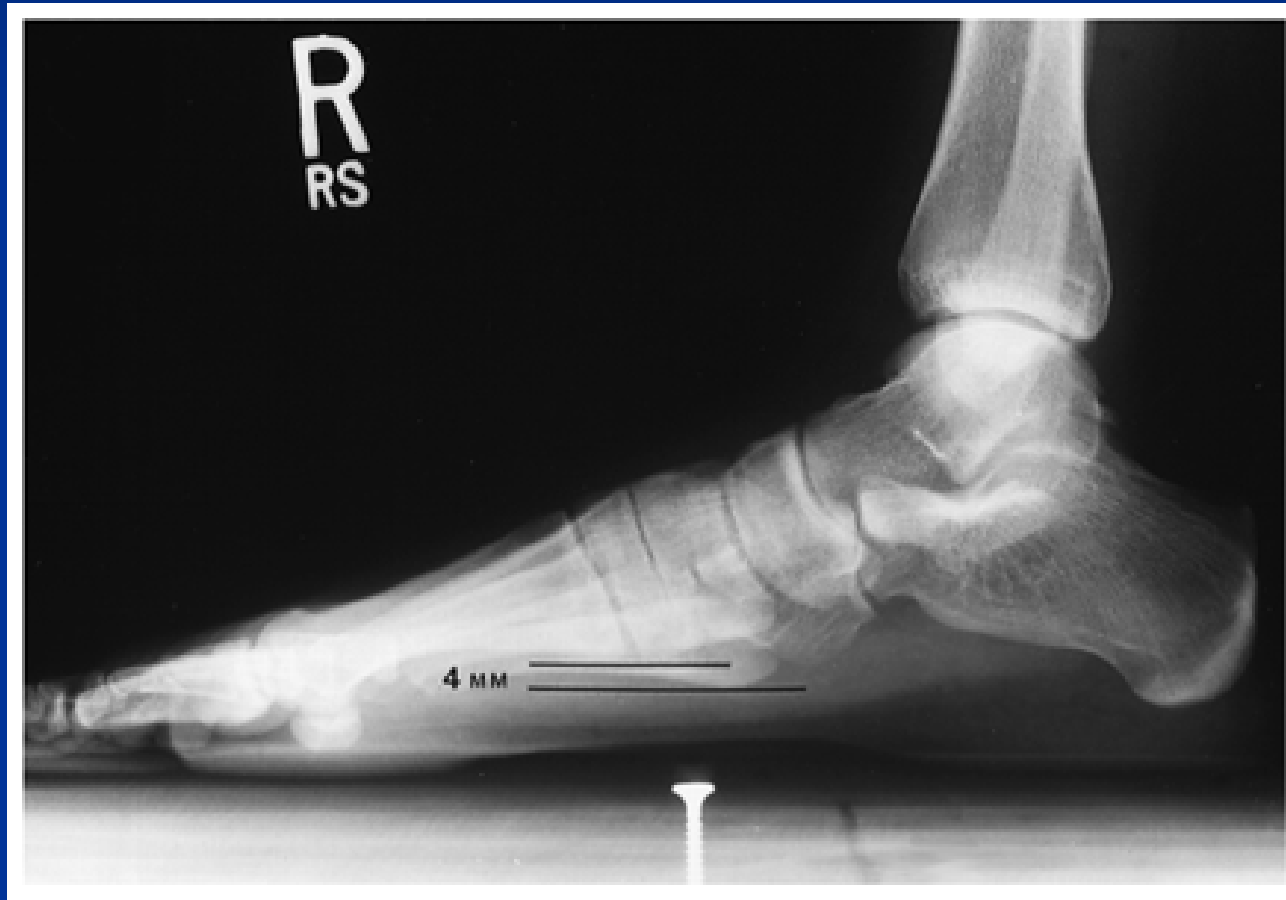
# Too Many Toes Sign



# Single limb heel raise



# Radiographic Analysis



# Radiographic Analysis



# Radiographic Analysis

- U/S
- MRI

# Classification

- Johnson and Strom
- Type 1 – Tenosynovitis, no deformity
- Type 2 – flexible deformity
- Type 3 – Rigid Deformity
- Type 4 – Ankle involvement

# Treatment Type1

- Non-operative
  - NSAIDS, Injections
- Operative
  - Debridement
  - Medial Displacement Calcaneal Osteotomy

# Treatment

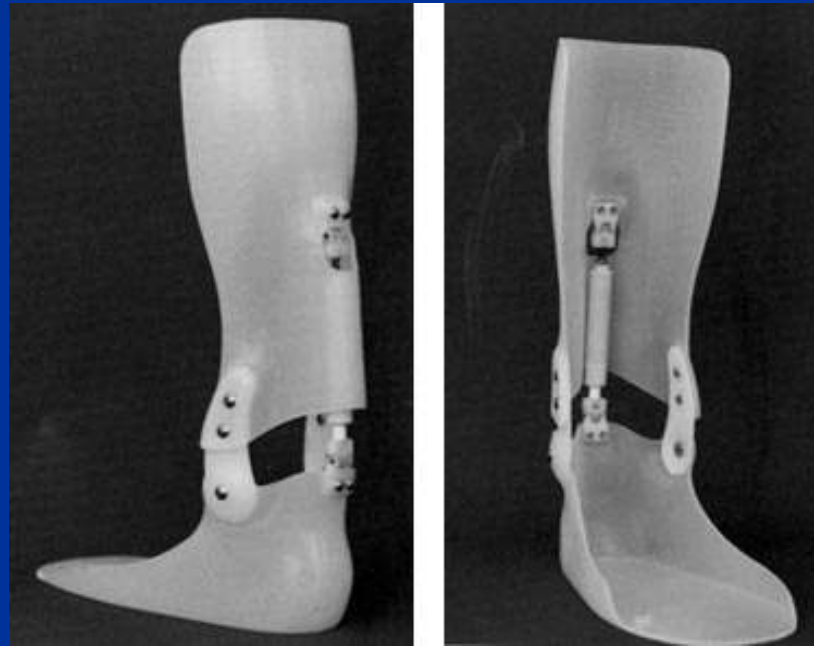
## Non-operative

- Heel cup
- Medial Arch Support



# Treatment Non-operative

- AFO



# Tibial Posterior Insufficiency



# Treatment Type 2

- Motion Sparing Procedure
  - FDL or Tibialis Anterior tendon Transfer
  - Calcaneal Osteotomy
  - Spring Lig and TN capsule reefing
  - Lateral procedure?
  - Medial column fusion
  - ?Combination?
  - Tendo-Achilles lengthening
  - Can easily be converted to a triple
  - Long time to improve

# Type 2

- Medial Displacement Calcaneal Osteotomy

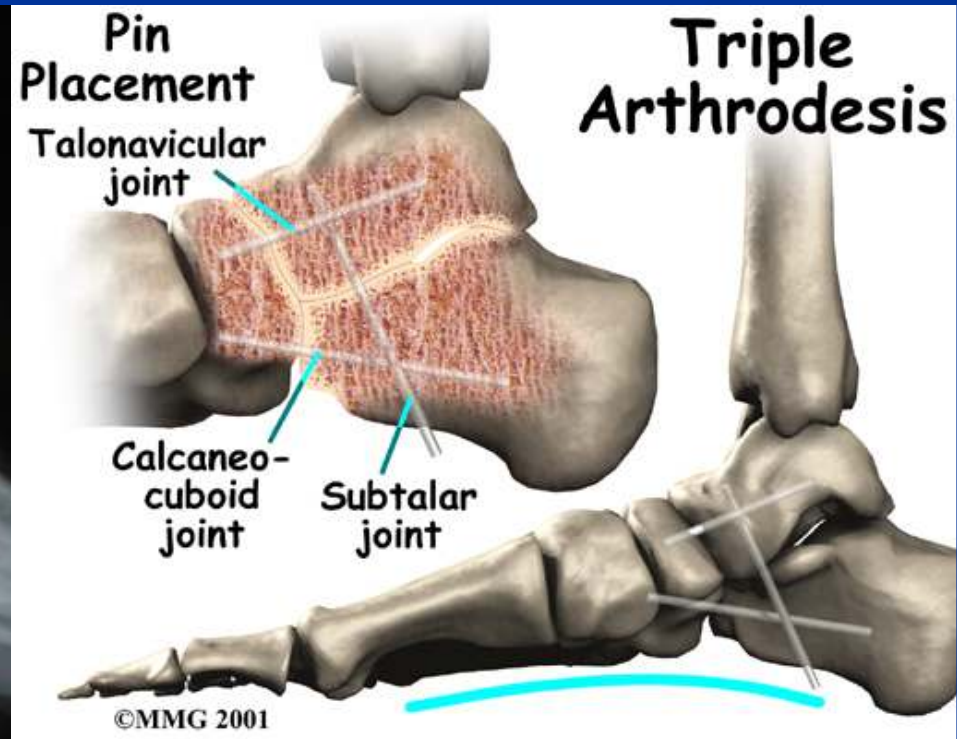


# Treatment Type 3

- Triple
- Tendo-Achilles lengthening

# Treatment Type 3

- Triple Arthrodesis
  - Older, systemic, gold standard
  - Inherent problems in young - Ankle OA



# Treatment Type 4

- Pantalar Arthrodesis

# Summary

- Probably more common than we think
- Keep high index of suspicion
- ? Aggressive surgically
  - Especially in the younger woman