



# PERFORMING ARTS

SPECIAL INTEREST GROUP



**ORTHOPAEDIC SECTION**  
AMERICAN PHYSICAL THERAPY ASSOCIATION



## Posterior Tibial Tendon Dysfunction – CITATION SUMMARY

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Performing artists have a high prevalence of injury to the lower extremity. Foot and ankle injuries make up approximately 40% of these cases. As such, performing artist clinicians should assess for posterior tibial tendon dysfunction (PTTD). It can be easily masked by a Grade 3 Inversion Ankle sprain with acute effusion or overlooked because dancers may be more likely to have flexor hallucis longus problems. PTTD is an imbalance of muscles that can result from acute or overuse injuries due to degeneration of the tendon. When left untreated, PTTD can progress to rigid flatfoot deformity and severe osteoarthritis. Diagnosis, evaluation and treatment of PTTD are discussed in the articles included in this annotated bibliography.