

# TREATMENT OF POSTERIOR TIBIAL TENDINITIS

## A. CONSERVATIVE TREATMENT

- Immobilization (Cast, Soft Cast)
- Rest, Ice, BioFreeze
- Oral Anti-Inflammatory Medications
- OTC Bracing
- Orthotic Control
- Custom Molded Brace (Ankle)
- Injection Cortisone with Immobilization
- Physical Therapy

## B. SURGICAL DEBRIDEMENT OF TENDON

REMOVAL OF SCAR TISSUE & DRAINAGE OF INFLAMED FLUID

SURGICAL REPAIR OF TORN TENDON WITH ADJUNCTIVE REPAIR OF FLAT FOOT



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