

## Tendonitis



Tendonitis literally means inflammation of a tendon. When you use a set of muscles too much you may strain the tendons ( fibrous bands of connective tissue) that connects muscles to your bones. The strain may cause the outer covering of the tendon to swell or small fibers in the tendon to pull apart. Over time, repeated stress and overuse create swelling and inflammation resulting in pain that persists even when you stand still.

Where Does Your Foot Hurt?

**The Back of the Foot** - The Achilles tendon connects the muscle of your calf to the heel bone. When tendonitis occurs here you may feel pain when your foot touches down or when you heel lifts off

**The Front of the Foot** - The anterior tibial tendon helps control movement in the front of your foot when it hits the ground. When tendonitis occurs here you may feel pain when you go down the stairs or down hills

**The Inside of the Foot** - The posterior tibial tendon runs along the inside of the foot and ankle. When tendonitis occurs here your foot may hurt when it moves forward to push off the ground or your heel shifts from side to side. Posterior tibial tendon dysfunction is a condition caused by changes in the tendon, impairing its ability to support the arch. This results in flattening of the foot. The posterior tibial tendon serves as one of the major supporting structures of the foot, helping it to function while walking. PTTD is a condition caused by changes in the tendon, impairing its ability to support the arch. This results in flattening of the foot. PTTD is usually progressive, which means it will keep getting worse, especially if it is not treated early.

**The Outside of the Foot** - The peroneal tendon wraps across the bottom of the foot. When tendonitis occurs here pain occurs when you stand or push off.

Diagnostic x-rays may be indicated to rule out a broken bone. Musculoskeletal ultrasound can identify the structures involved leading to a more concise diagnosis and more effective treatment. The immediate goal is to reduce the symptoms associated with tendonitis together with an appropriate regimen that allows you to gradually resume your activities. Proper diagnosis and early treatment will help to prevent the condition from reaching a more severe stage and prescription orthotics, properly made, may help to prevent further problems.