

**RICHEY & CO. PROTOCOL FOR POSTERIOR TIBIAL TENDON DYSFUNCTION** (REV 10-04)

<i>Grade</i> <sup>(a)</sup>	<i>Midfoot Flexibility</i>	<i>Orthosis</i>	<i>Shoe/Modification</i>
<b>Grade I</b>	Flexible	Inverted FO 10°-15°	Lace up supportive shoe
	Rigid	Three-Dimension FO	Lace up supportive shoe
<b>Grade II</b>	Flexible- Mild Grade II	Inverted FO 15°-20°	Lace up supportive shoe
	Flexible- Extreme Grade II	Inverted FO 20°-25° <sup>(b)</sup>	Lace up supportive shoe
		Arizona AFO-Regular <sup>(b)</sup>	Lace up supportive shoe
	Rigid	Three-Dimension FO <sup>(b)</sup>	Lace up supportive shoe <u>with medial stabilizer and rocker sole</u>
Extended Arizona AFO <sup>(b)</sup> or Solid AFO <sup>(c)</sup>		Lace up supportive shoe <u>with rocker sole</u>	
<b>Grade III</b>	Flexible	Extended Arizona AFO	Lace up supportive shoe
	Rigid	Extended Arizona AFO or Solid AFO <sup>(c)</sup>	Lace up supportive shoe <u>with rocker sole</u>

<sup>(a)</sup> **Grade I**—no physical tear in the posterior tibial tendon (PTT), less than 5° heel valgus; **Grade II**—partial tear in the PTT, greater than 5° heel valgus, can achieve some heel rise; **Grade III**—complete disruption or prolapse of PTT, greater than 5° heel valgus, inability to heel rise on affected side.

<sup>(b)</sup> The decision between these options rests more on aesthetic and compliance concerns, rather than function of the device. Though the AFOs will be more supportive than the FO, they will only achieve this additional support if they are worn.

<sup>(c)</sup> We prefer the Extended Arizona to the Solid AFO because the compression of the corset gives a much better fit and much better control. If a patient cannot tolerate the corset, or if they have had great previous success with a Solid AFO, we will use the Solid AFO.

