

Tibialis Anterior Tendinopathy; a Clinical Image



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Clinical Image

We reported a 30-year-old male bakery worker male presented to our orthopedic clinic with an anterior ankle and dorsal foot pain and inconveniency worsen while standing for 2 weeks. There was no recent trauma to his ankle and his past medical history was unremarkable. Neither erythema nor warmth was

detected on physical examination. The X-ray study of the ankle and foot showed normal bony structure (Figure 1). The magnetic resonance imaging (MRI) illustrated edematous thickening of the tibialis anterior tendon sheath consistent with tenosynovitis (Figure 2).

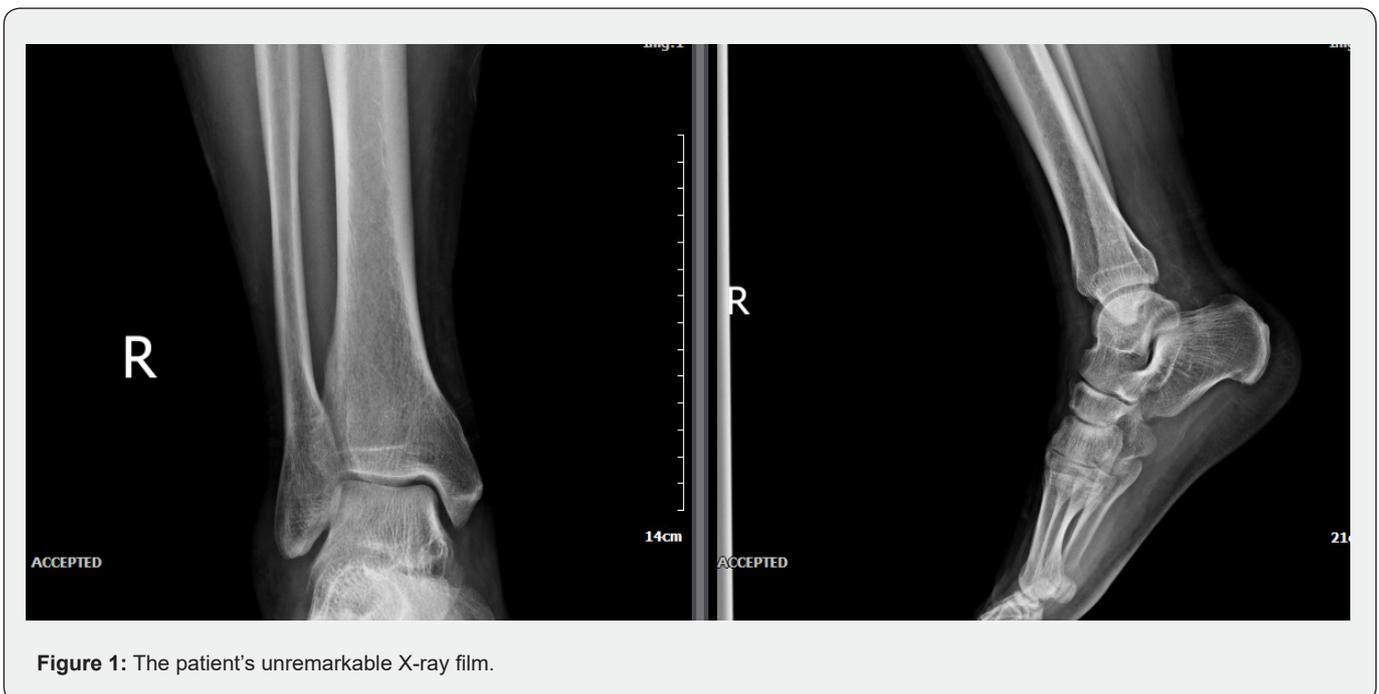


Figure 1: The patient's unremarkable X-ray film.

Tibialis anterior tendinopathy is inflammation and swelling of the tibialis anterior tendon at the front of the ankle joint due to the tendon overuse. This overuse could induce microscopic tendon rupture and inflammation; this inflammation within the tendon is called tendinopathy. [1]. This tendinopathy could be induced by tight strapping or shoelaces over the tendon. This condition usually results in a gradual pain within the tibialis anterior

tendon, gait problems and ankle stiffness. The diagnosis is based on patients' history and physical examination with localizing pain on the tendon path. The treatment choice mainly consists of physiotherapy and pressures unload beside non-steroid anti-inflammatory drugs. Our patient was prescribed the same; led to feeling pain free and able to return to work after 2 weeks of treatment.



Figure 2: MRI of the patient showing the tibialis anterior tendinopathy.

References

1. De Carvalho Junior AE, Bittar CK, Salomão O, Miranda JB, Ninomiya A, et al. (2015) Tendinopathy of the Anterior Compartment of the Ankle. Rev Bras Ortop 45(2): 141-147.



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