

Johnson and Strom

Classification of PTTD

- **Stage 1:**

- Tenosynovitis, but tendon remains functional
- Pain/swelling along the course of the PT tendon
- Preservation of the medial arch of the foot

- **Stage 2A:**

- PT tendon elongates and starts to degenerate
- Forefoot abduction
- Flexible deformity

- **Stage 2B:**

- Similar findings in 2A with the addition of lateral subfibular impingement pain and sinus tarsi pain

- **Stage 3:**

- Subtalar arthritis is seen radiographically
- unable to perform single-heel raise
- flatfoot deformity with rigid forefoot abduction and hindfoot valgus

- **Stage 4 (added by Myerson):**

- Progression of the deformity with valgus tilting of the talus and ankle joint involvement, leading to ankle arthritis
- Ankle with valgus talar tilt due to deltoid ligament compromise
- Similar findings to stage 3 of the foot