



PODIATRY  
MACKAY

## Tarsal Tunnel Syndrome

### What is it?

Situated just behind the ankle bone, the Tarsal tunnel is a complex pathway that is made up of multiple arteries, veins, tendons and nerves (see picture below). Due to its high level of contents, it is not uncommon for pathology to occur within the area, the most common being nerve compression or otherwise known as Tarsal Tunnel Syndrome (TTS). Symptoms of TTS are very similar to those experienced with Carpel tunnel syndrome and generally consist of altered sensation, burning, tingling and intermittent pain.

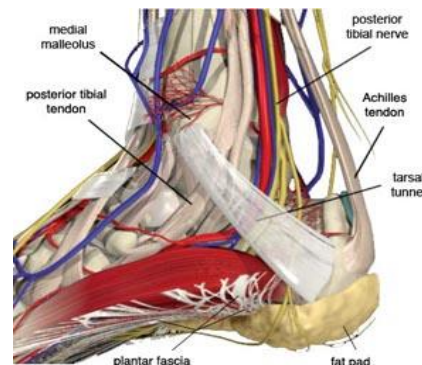
### Why Did I get it?

Tarsal Tunnel Syndrome can be caused by many factors and can affect people of all ages and gender. Although approximately 50% of patients with TTS present with no known causes, the most common are

- Previous trauma (e.g. ankle sprain)
- Excessive pronation
- Poor footwear (unsupportive)
- Space occupying lesions (e.g. cysts)

### Symptoms:

- Worsening foot pain on standing
- Numbness at the base of the foot
- Tingling at the base of the foot
- Swelling of the feet
- Electric shock sensations
- Feeling of pins or needles pricking
- Burning feet



### How is it diagnosed?

A thorough clinical examination will most commonly diagnose TTS. Depending on the results of the examination and severity of symptoms, you may be referred for an Ultrasound or MRI to rule out further pathology or determine a cause.

### Treatments:

- Ice
- Rest
- Strapping
- Custom Orthotics
- Footwear advice
- Neuromuscular needling
- Cortisone injections

### Prognosis:

Although Tarsal Tunnel Syndrome is a painful condition, successful results are often achieved with the above conservative treatments. Correcting biomechanical risk factors such as excessive pronation often produces successful results as the amount of nerve compression is reduced. Surgery is rarely recommended however decompression of the nerve can be an option for those individuals who do not respond to conservative treatment.