

# PodiatryCare, P.C. *and the* Heel Pain Center

1379 Enfield Street  
Enfield, CT 06082  
860-741-3041  
Fax: 860-741-5644  
[www.ctfoot.com](http://www.ctfoot.com)

1350 Sullivan Avenue  
South Windsor, CT 06074  
860-644-6525  
Fax: 860-741-5644  
[www.ctfoot.com](http://www.ctfoot.com)

## Dr. Robert E. Marra

Diplomate American Board of Podiatric Surgery

## Dr. Thomas V. Johnson

Diplomate American Board of Podiatric Surgery

## Dr. Kristen E. Winters

Diplomate American Board of Podiatric Surgery

## Dr. Laura C. Vander Poel

Certified Wound Care Specialist

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## TARSAL TUNNEL SYNDROME

Tarsal tunnel syndrome is an entrapment of the tibial nerve as it courses from the inside of the ankle into the bottom of the foot.

### Symptoms

Along the inside of the ankle, heel, arch and the bottom of the foot one may experience pain, burning and electrical shot sensations. You may even have these symptoms all the way to the toes. Aggravating factors may include walking, exercise and prolonged amounts of time spent on your feet.

### Causes

Repetitive activities and flat feet are the most common causes. Also, anything that causes pressure on the nerve may produce symptoms. Examples include tendonitis, hematoma, tumor and varicose veins.

### Diagnosis

Diagnosis is made on clinical exam and electrodiagnostic studies such as nerve conduction velocity (EMG/NCV) testing. Magnetic resonance imaging (MRI) may be useful in determining the cause.

### Treatment

Non-surgical treatment options include anti-inflammatory medications, physical therapy, orthotic devices and/or cast immobilization. When these treatments fail, surgical intervention may be necessary. Surgery involves releasing the tibial nerve and all tight structures in and around the nerve. The post-operative course involves cast immobilization, protected weight bearing and possible physical therapy.



For More Information:

<http://www.foothealthfacts.org/footankleinfo/tarsal-tunnel-syndrome.htm>