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Established in 1999, we have dedicated over 25 years to providing a professional and welcoming podiatry service. Our expertise includes:

- Routine issues, such as nail problems, hard skin and corns.
- Diabetic foot care and check-ups.
- Musculoskeletal problems.
- Orthotic fitting.
- Nail surgery.

- ✓ Our podiatrists are degree trained.
- ✓ Registered with the Health Care Professionals Council (HCPC).
- ✓ Members of the Royal College of Podiatrists.

Individual Advice:

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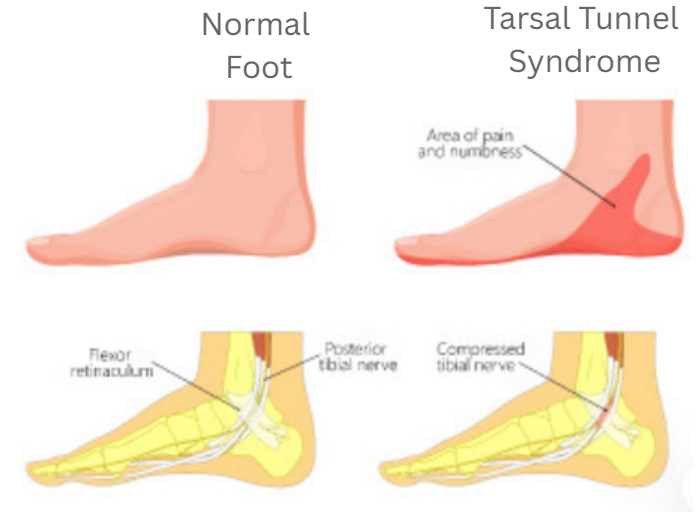
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Tarsal Tunnel Syndrome



Guidance for Patients



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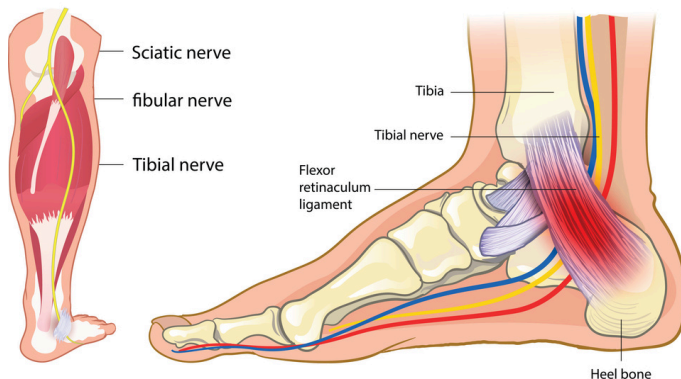


What is Tarsal Tunnel?

Tarsal tunnel syndrome is a compression, or squeezing, on the posterior tibial nerve that produces symptoms anywhere along the path of the nerve running from the inside of the ankle into the foot.

Tarsal tunnel syndrome is similar to carpal tunnel syndrome, which occurs in the wrist. Both disorders arise from the compression of a nerve in a confined space.

Tarsal Tunnel Syndrome



The tarsal tunnel is the narrow space that lies on the inside of the ankle next to the ankle bones.

The tunnel is covered with a thick ligament that protects and maintains the structure contained within the tunnel, including the posterior tibial nerve, which is the focus of tarsal tunnel syndrome.

What Causes It?

- Tarsal tunnel syndrome is caused by anything that produces compression on the posterior tibial nerve, such as:
- Osteoarthritis or post-traumatic ankle deformities (scar tissue may also restrict movement in the tarsal tunnel and cause nerve entrapment) or tenosynovitis. It may also be associated with rheumatoid arthritis and diabetes.
- A cyst, lipoma, ganglion, exostosis or neoplasms within the tarsal tunnel.
- Having flat feet increases the risk of developing tarsal tunnel syndrome.
- Trauma to the ankle.
- If left untreated the condition can progress and, in some cases, it may result in permanent nerve damage.

Symptoms

- Ankle pain and a burning sensation.
- Numbness and tingling of the sole of the foot and may radiate along the side of the foot, sometimes up the calf.
- Symptoms worse at night.

It is important to seek early treatment, if any of the symptoms occur. If left untreated, the condition progresses and may result in permanent nerve damage.

Treatments

There are a variety of treatment options which can help to treat tarsal tunnel syndrome:

- Rest and applying an ice pack wrapped in a towel to the affected area can help to ease the pain.
- Oral medications - nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, help reduce the pain and inflammation.
- Supportive shoes can be really helpful in managing tarsal tunnel syndrome. Stable running trainers are most helpful as they work to reduce how much the foot can roll inwards.
- Orthotics (custom shoe inserts) may be prescribed by a podiatrist, to help maintain the arch and limit excessive motion that can cause compression of the nerve.
- Strengthening and stretching exercises can be helpful at reducing the stress and strain on the tarsal tunnel.
- Steroid is a strong anti-inflammatory which can be injected into the area with local anaesthetic if there are signs of localised inflammation. Steroid injections carry some risk of tear or rupture to the surrounding tendons and so are generally best used as a last resort though can be discussed as part of your treatment plan.
- Surgery may be considered as a final resort.