Tarsal Tunnel Syndrome
Orthotic Considerations for Common Conditions & Pathologies
Tarsal Tunnel Syndrome

DESCRIPTION

Entrapment or irritation of the posterior tibial nerve
Tarsal Tunnel Syndrome

REARFOOT PATHOLOGY

RISK FACTORS

- Repetitive loading / overuse / activity type
- Footwear
- Biomechanics and foot type
Tarsal Tunnel Syndrome

SYMPTOMS

- Pain on weight bearing and activity
- Pain on palpation
- Pain on calcaneal eversion
- Positive Tinels sign and neural symptoms
Tarsal Tunnel Syndrome

ORTHOTIC CONSIDERATIONS

Aim: Reduce irritation on posterior tibial nerve and address biomechanical factors

Step 1: Select device from Orthoticks Pro or Orthoticks Poly range (based on footwear type, body weight and activity type)

Step 2: Consider one or more of the following modifications for this condition:
- Rearfoot post
- Medial heel skive
- Arch cookie
- Arch reinforcement
DISCLAIMER

• The information and recommendations provided are general in nature and do not replace a thorough history, physical examination and clinical diagnosis.

• The results of treatment directed testing including strapping and padding; and the results of applicable tests can be used to determine if your patient could benefit from orthotic therapy and to guide the design features of your Orthoticks Poly, Orthoticks Pro prefabricated orthotics or DOLA custom orthotics.

• Orthotic therapy can provide part of a treatment plan which may also include pharmacological, physical therapy, footwear changes and activity modification.

• Only the considerations for orthotic therapy will be presented here and does not replace the need for professional assessment