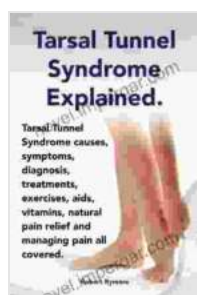


Tarsal Tunnel Syndrome Explained: Understanding Heel Pain and Tarsal Tunnel Syndrome Causes

Tarsal tunnel syndrome is a condition that causes pain, numbness, and tingling in the heel and arch of the foot. It is caused by pressure on the tarsal nerve, which runs through a narrow passage in the ankle called the tarsal tunnel.

The tarsal tunnel is located on the inside of the ankle, just below the ankle bone. It is surrounded by bones, ligaments, and muscles. The tarsal nerve passes through the tarsal tunnel and provides sensation to the heel and arch of the foot.

When the tarsal nerve is compressed, it can cause pain, numbness, and tingling in the heel and arch of the foot. This can make it difficult to walk or stand for long periods of time.



Tarsal Tunnel Syndrome Explained. Heel pain, tarsal tunnel syndrome causes, symptoms, diagnosis, treatments, exercises, aids, vitamins and managing pain all covered. by Robert Rymore

★★★★☆ 4.5 out of 5

Language : English
File size : 513 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 103 pages
Lending : Enabled



There are a number of factors that can contribute to tarsal tunnel syndrome, including:

- **Flat feet or high arches:** These conditions can cause the foot to roll inward or outward, which can put pressure on the tarsal nerve.
- **Obesity:** Excess weight can put pressure on the tarsal nerve.
- **Diabetes:** Diabetes can damage the nerves, including the tarsal nerve.
- **Arthritis:** Arthritis can cause the bones in the ankle to swell, which can put pressure on the tarsal nerve.
- **Trauma:** A sudden injury to the ankle can damage the tarsal nerve.
- **Repetitive motions:** Repetitive motions, such as running or walking for long periods of time, can put pressure on the tarsal nerve.

The most common symptoms of tarsal tunnel syndrome include:

- Pain in the heel or arch of the foot
- Numbness or tingling in the heel or arch of the foot
- Burning or prickling sensations in the heel or arch of the foot
- Weakness in the foot or ankle
- Difficulty walking or standing for long periods of time

Your doctor will diagnose tarsal tunnel syndrome based on your symptoms and a physical examination. Your doctor may also Free Download one or

more of the following tests:

- **Electromyography (EMG):** This test measures the electrical activity of the tarsal nerve.
- **Nerve conduction study:** This test measures the speed at which electrical signals travel through the tarsal nerve.
- **MRI:** This test creates detailed images of the tarsal tunnel and the surrounding structures.

The goal of treatment for tarsal tunnel syndrome is to relieve pressure on the tarsal nerve. Treatment options may include:

- **Conservative treatment:** Conservative treatment options include:
 - Rest
 - Ice
 - Compression
 - Elevation
 - Orthotics
 - Physical therapy
- **Surgery:** Surgery may be necessary if conservative treatment does not relieve the pressure on the tarsal nerve. Surgery involves releasing the tarsal tunnel and decompressing the tarsal nerve.

The outlook for tarsal tunnel syndrome is generally good. With early diagnosis and treatment, most people can recover from tarsal tunnel

syndrome and return to their normal activities.

There is no sure way to prevent tarsal tunnel syndrome, but there are a few things you can do to reduce your risk of developing the condition, including:

- **Maintain a healthy weight**
- **Wear supportive shoes**
- **Avoid repetitive motions**
- **Take breaks when standing or walking for long periods of time**
- **Stretch your feet and ankles regularly**

If you experience any of the symptoms of tarsal tunnel syndrome, it is important to see your doctor for diagnosis and treatment. Early diagnosis and treatment can help to prevent permanent damage to the tarsal nerve.

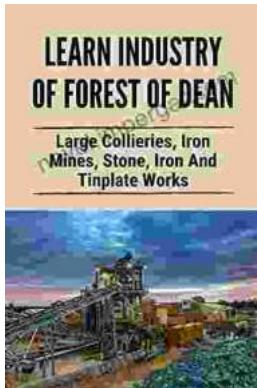


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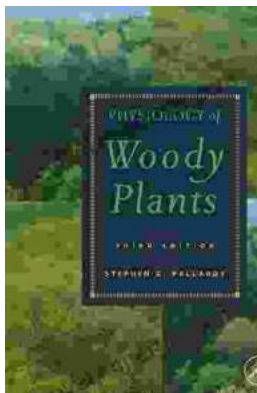
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