

Tarsal Tunnel Syndrome

Are Your Symptoms a Sign of a Nerve Problem?

- ✓ Tingling and burning
- ✓ Numbness
- ✓ Pain, including shooting pain

These are typically felt on the inside of the ankle and/or the bottom of the foot. In some cases, a symptom may be isolated and occur in just one spot. In others, it may extend to the heel, arch, toes, and even the calf.

Sometimes symptoms appear suddenly. Often they are brought on or are aggravated by overuse of the foot.

There's hope for anyone with Tarsal Tunnel Syndrome, with effective diagnosis and treatment.



MIR Neurology and Spine Center

Founded by respected neurologist Dr. Sarim Mir in 1996, Mir Neurology is an outpatient only office that specializes in the diagnosis of musculoskeletal conditions. With locations in Hagerstown and Cumberland, MD, we serve patients in the communities of Western Maryland and the Tri State Region.

We work closely with primary care, orthopedic and podiatry specialists, as well as plastic surgeons, neurosurgeons and nephrologists around the region. Employing the most advanced diagnostic testing, we can accurately diagnose and successfully treat a wide range of neurological conditions.

Specializing in Fast, Accurate Diagnosis:

- Nerve Conduction Study (NCS)
- Electromyography (EMG)
- Epidermal Nerve Fiber Density Testing (ENFD)



Online at www.mirneurology.com

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TARSAL TUNNEL SYNDROME



Symptoms,
Diagnosis &
Treatment

An Informational
Supplement from
MIR Neurology

MIR NEUROLOGY &
SPINE CENTER

A Potentially Painful Nerve Problem

Your tarsal tunnel is a narrow space that lies on the inside of your ankle next to your anklebones. The tunnel is covered by a thick ligament that protects and maintains the structures within the tunnel – arteries, veins, tendons, and nerves. One of these is the tibial nerve.

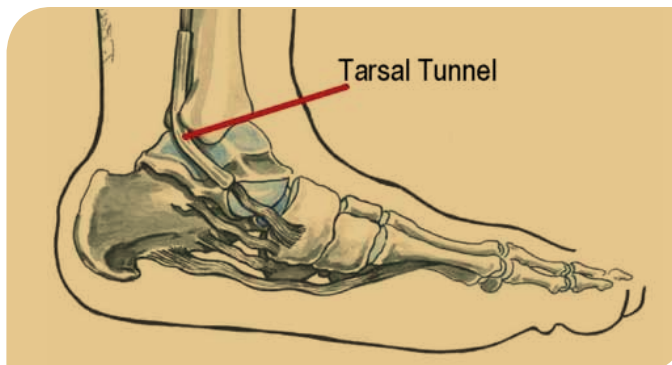
Tarsal Tunnel Syndrome occurs when the tibial nerve becomes entrapped. Your tibial nerve follows a curling route down the back of the leg to the ankle, where it turns and curls below the inside of the ankle. Compression, or squeezing, of the tibial nerve can occur anywhere along the path of the nerve and cause symptoms.

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.

Causes of Tarsal Tunnel Syndrome

Anything that produces compression on the posterior tibial nerve can cause Tarsal Tunnel Syndrome, such as:

- Overuse of the foot
- Flat feet
- Injuries
- Obesity
- A cyst or tumor
- Rheumatoid arthritis
- Diabetes



Many Treatment Options Offer Relief

There are a variety of conservative treatments for treatment of Tarsal Tunnel Syndrome. Any one or a combination of the following may relieve your symptoms:

- Rest and elevation of the foot
- Nonsteroidal anti-inflammatory drugs (NSAIDs)
- Orthotic devices
- Physical therapy
- Steroid injections

If the above treatments don't work, surgery may be the best option. Dr. Mir and your podiatrist will determine what treatment is best for you.

Diagnosis Is Our Strength

In order to determine if Tarsal Tunnel Syndrome or another condition causes your symptoms, first visit your podiatrist. They can refer you to our practice, where Dr. Mir can perform a comprehensive neurological exam and tests to reach a proper diagnosis.

The first part of the test is called Nerve Conduction Study. During this test, brief electrical shocks are delivered to your arm or leg to evaluate the status of the peripheral nerve fibers by recording how well small electrical impulses travel through the nerve fibers.

Nerves work like an electrical wire, similarly to a wire in the wall switch that turns on a light. If you want to see if the wire is functioning properly, the easiest thing to do is to run electricity through it.

Injury or disease to the nerve or nerve fibers can impair this electrical transmission.

One test that Dr. Mir may use is an Electromyogram (EMG). The EMG measures and records electrical activity in the muscles and nerves of the affected area. This is very helpful in determining the cause of your symptoms. The test consists of two parts:

The second part of the test is the Electromyography (EMG) which consists of a needle examination. This involves using a small needle as a probe and recording device. Needles are thin, fine and about one and a quarter inches long, and there are no electrical shocks during the needle exam.

EMG directly records electrical activity in the muscle cells. This test can help determine the cause or extent of muscle weakness, spasm, pain, inflammation, or paralysis in the limbs, spinal area, or even the face. Usually five to six muscles are sampled in one extremity.