

# Monthly Newsletter

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## Tarsal Tunnel Syndrome

Tarsal tunnel syndrome is a compression injury to the tibial nerve. The tibial nerve passes through a narrow space on the inside of the ankle to get to the bottom of the foot. This space is called the "tarsal tunnel". Sometimes the tibial nerve gets impinged in the tarsal tunnel.

### Symptoms

An individual with tarsal tunnel syndrome may suffer from pain, tingling and/or numbness along the path of the tibial nerve, which runs from the inside of the ankle, to the bottom of the foot to the end of the toes.

Pain can vary from person to person. Some feel pain isolated to the inner ankle, while others may experience shooting pain that runs through the entire bottom of the foot.

Onset of pain may appear suddenly or gradually. Usually

symptoms worsen with activity, but pain may also be present at rest.

### Causes

Flat feet (overpronated feet) - Flat feet roll inward, putting more strain and compression on the nerve.

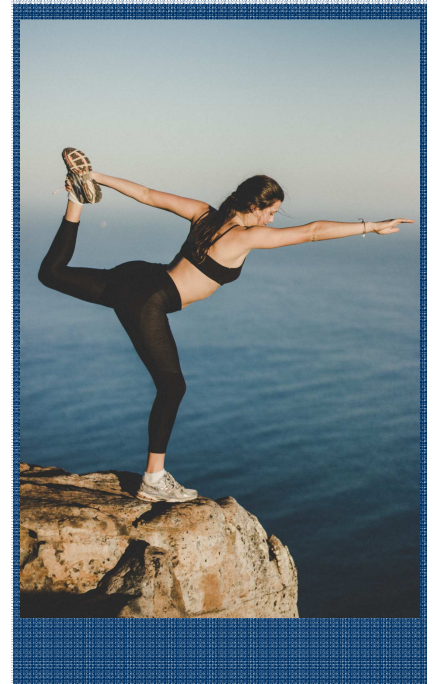
The tibial nerve shares the tarsal tunnel with other structures that pass into the foot, like arteries, veins and tendons. Any enlargement of these structures can compress the tibial nerve, causing tarsal tunnel syndrome. For example, tendinitis, varicose veins, or general swelling.

Swelling may happen from an acute injury like an ankle sprain, or overuse injuries from too much activity.

Systemic diseases like diabetes and arthritis can also

## Oh No!!

*In October, we had 8 patients that failed to attend their appointment!*



## Tarsal Tunnel Syndrome (Cont'd from previous page)

increase swelling, causing tarsal tunnel syndrome.

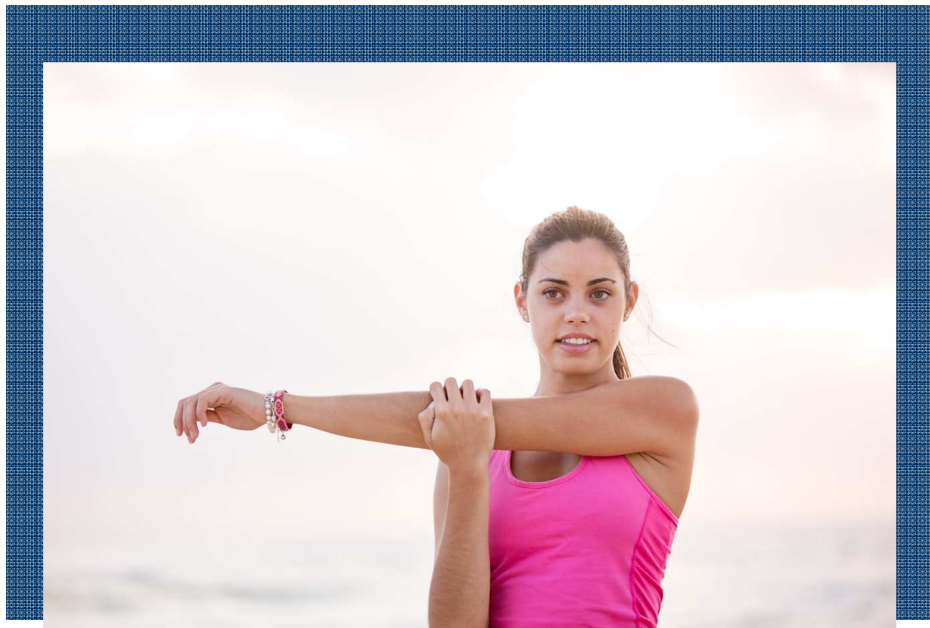
The treatment for tarsal tunnel syndrome is based on the signs and root causes of pain.

Home care: Anti-inflammatory drugs to lessen the inflammation, which reduces the compression on the nerve. Rest, ice, compression and elevation (RICE).

Medical care: The chiroprapist will perform a

thorough examination to understand the cause of the symptoms and treat accordingly. Treatment may include supportive footwear and orthotics, anti-inflammatory medication, ultrasound, laser therapy, steroid injection.

In rare instances, a surgical approach may be needed to reduce pressure in the tarsal tunnel.♦



## Aerobics

Aerobics is a common form of exercise that many individuals enjoy. Unfortunately, this physical activity can cause certain foot issues if not properly done.

Aerobics is a physical activity that involves the entire body such as jumping, lateral movements and leaping. These movements involve the use of the feet. Generally,

observing proper care of the feet is vital for those who engage in this type of activity.

### **Common foot issues from aerobics**

Foot problems arise from various factors such as physically strenuous routines, incorrect footwear, surfaces and muscle strain.

## Aerobics

(cont'd from previous page)

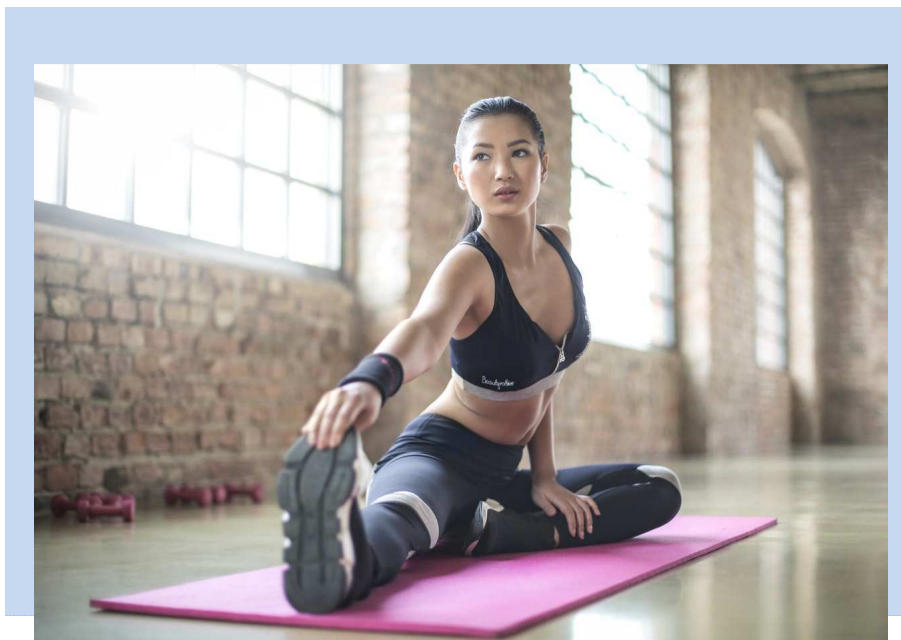
Some of the common foot issues linked to exercise include:

- Injury to the heel bone from strong impact
- Fractures to the foot and toe bones
- Morton's neuroma
- Athlete's foot
- Blisters
- Bunions
- Metatarsalgia

- Turf toe
- Plantar fasciitis

*What are the causes?*

Various aerobic exercises, especially the high-impact forms, place significant stress on the feet and legs. This increases the risk for potential injury. It is important to note that foot issues might arise abruptly or over time.



Other possible causes include:

- Unable to alternate between strenuous and light exercises
- Lack of proper stretching before and cooling down exercise after
- Wearing shoes that lack proper support

### Management

The treatment for any foot issues from aerobics is based on the cause and type. In general, bone and tendon issues require stabilization with a splint, cast or bandage to promote healing.

### Prevention

- Perform proper warm up, stretching and cool down exercises before engaging in aerobic exercise.
- Start any exercise routine at a moderate pace to allow the body to warm up adequately.
- Use the recommended technique
- Wear shoes specifically designed for aerobics such as those that provide a good fit, stability, cushioning and secure lacing.
- Choose surfaces suitable for aerobic exercises such as sprung wooden floors or padded carpet over concrete. ♦

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If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list.

*The Care,  
Professionalism and  
Time that your feet  
deserve*



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## Meet Jake – The Footcare Centre’s new Chiropodist

By the time you read this, Jake will have been with this office for 2 months.

Stuart and Jake will be pleased to meet your appointment needs and will work with you to develop and appropriate plan of action.

We work together as a team so during some aspects of your care you may see either Stuart Berry or Jake Cahoon.



## Calendar of Events

The office will be closed from 12pm on Monday 19<sup>th</sup> November and will re-open Tuesday November 27<sup>th</sup> at 8am, as the team will be attending the College of Podiatry annual conference in Bournemouth, UK.



Would you be willing to write a Google review about your experience today? If so, please visit:



<https://goo.gl/rrcF33>

Your feedback is highly appreciated and important to us and we look forward to reading your comments.

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