

Tarsal Tunnel Syndrome

Nerves on the inside of the sole of the foot just in front of the heel bone have become trapped.

(a) Symptoms

Numbness and burning pain on the sole and ball of the foot, and usually involving the inner ankle.

(b) Anatomy and Cause

The *medial plantar nerve* and *lateral plantar nerve* are trapped by tight and myofascially hardened *abductor hallucis*. The *myofascia* is the “stocking” of connective tissue which covers each muscle. A comparison of the two pictures in Figure 1 below shows clearly how the *abductor hallucis* muscle could entrap the two nerves.

Figure 1: Plantar Muscles and Nerves of the Right Foot (Sole of the Foot)

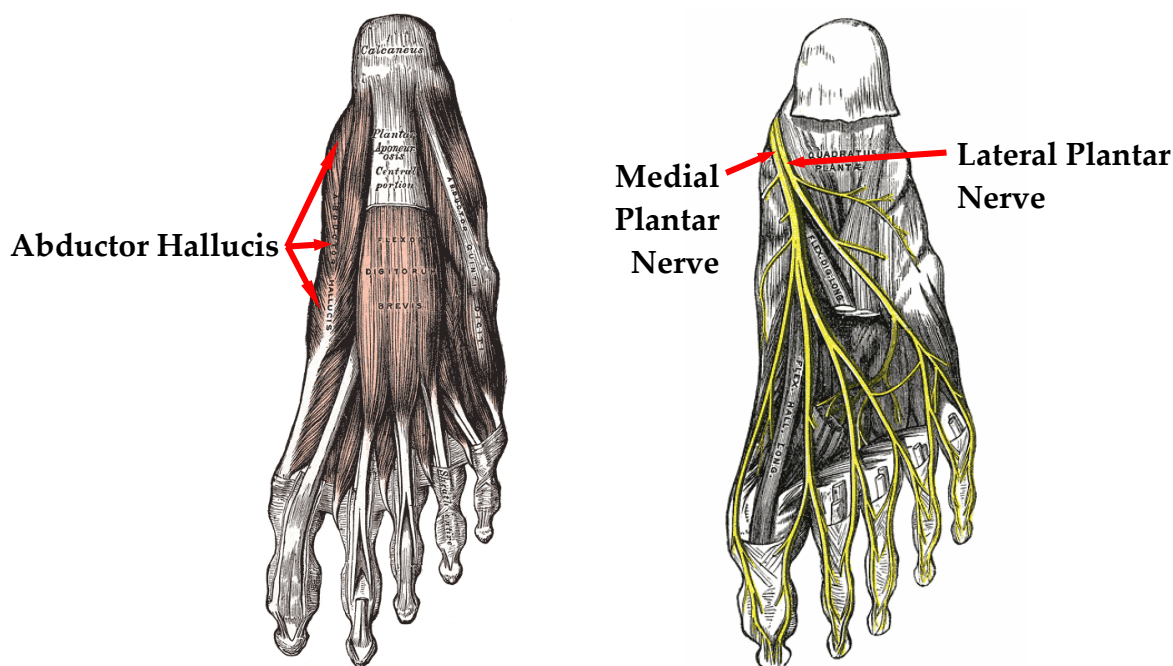
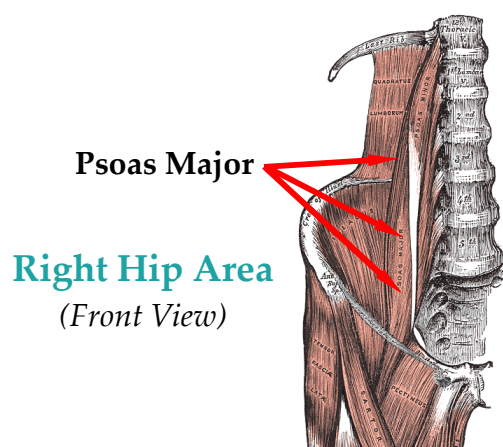


Figure 2: Location of Psoas Major



(c) Treatment

Your practitioner will release the whole of the lower leg and sole of the foot, paying special attention to the *abductor hallucis* muscle.

Sometimes more pressure is placed on the foot due to postural problems caused by a tight *psoas major* muscle, a muscle deep in the lower abdomen. If necessary, your practitioner will balance your hips and release *psoas major*. The location of *psoas major* is shown in Figure 2 to the left.