

Tarsal Tunnel Syndrome Test

Patient information

Name:

Date of birth:

Date of examination:

Height:

Weight:

Gender:

Test overview

The Tarsal Tunnel Syndrome Test evaluates the presence of tarsal tunnel syndrome, a condition caused by compression of the posterior tibial nerve. This test helps identify symptoms such as pain, tingling, and numbness in the foot and ankle.

Instructions for the patient

1. Wear comfortable clothing that allows clear visibility of the foot and ankle.
2. Sit comfortably on the examination table.
3. Follow the clinician's instructions carefully during the test.

Test procedure

1. Tinel's sign

a. Position: The clinician taps lightly over the tarsal tunnel, located behind the medial malleolus (inner ankle).

b. Response: The patient reports any tingling or pain that radiates into the foot.

c. Result:

Positive:	Yes	No
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Comments:

2. Dorsiflexion-eversion test

a. Position: The clinician holds the foot in dorsiflexion (toes pointed upwards) and eversion (foot turned outward).

b. Response: The patient maintains this position for 5-10 seconds while the clinician monitors for symptoms.

c. Result:

Positive: Yes No

Comments:

3. Compression test

a. Position: The clinician compresses the area behind the medial malleolus.

b. Response: The patient reports any pain, tingling, or numbness in the foot.

c. Result:

Positive: Yes No

Comments:

Additional notes

Healthcare practitioner's information

Name:

Signature:

Date: