Mindluster Platform

About the course Tarsal Tunnel Syndrome Treatment

Tarsal Tunnel Syndrome course, in this course we will explore various treatment options for Tarsal Tunnel Syndrome (TTS), a condition characterized by compression of the tibial nerve as it passes through the tarsal tunnel in the ankle. Participants will learn about conservative management strategies including rest, ice, NSAIDs, orthotic devices, and physical therapy exercises. Additionally, we'll discuss surgical interventions such as tarsal tunnel release and nerve decompression for refractory cases. Through case studies and evidence-based practices, learners will gain insights into personalized treatment plans tailored to address the underlying causes and symptoms of Tarsal Tunnel Syndrome, aiming to alleviate pain and improve foot function.

Medical Category's Courses

Course Lesson(83)

Lesson 1 : **Metatarsalgia and Morton s Neuroma Evaluation and Treatment**

Lesson 2 : **Exercise Induced Compartment Syndrome Signs and Symptoms**

Lesson 3 : **Peroneus longus subluxation How to treat it**

Lesson 4 : **Complex Regional Pain Syndrome CRPS**

Lesson 5 : **How to Treat Hallux Valgus and Bunion**

Lesson 6 : **Big Toe Weakness Peroneal Nerve Palsy vs L5 Nerve Root Compression**

Lesson 7 : **High Ankle Sprain Evaluation**

Lesson 8 : **Abnormal Functional Squat**

Lesson 9 : **Plantar Fascitis Evaluation on a Patient**

Lesson 10 : **Shin Splint Evaluation and Management**

Lesson 11 : **Your gait on a cambered road What you need to know**

Lesson 12 : **Orthotics and shoe inserts How to read them**

Lesson 13 : **Eccentric loading of the calf achilles with the EZ Slant**

Lesson 14 : **Episode 40 Unilateral Pes Planus What is it and what can it cause**

Lesson 15 : **Talar Tilt Test with Paul Marquis Postitive on this patient**

Lesson 16 : **Posterior Tibial Tendinitis Evaluation with Paul Marquis PT**

Lesson 17 : **Top of the foot pain Treatment tips**

Lesson 18 : **Kleiger s test for High Ankle Sprain Special Test for the Ankle**

Lesson 19 : **Calcaneal fat pad atrophy What is it and what does it look like**

Lesson 20 : **Orthotics for Calcaneal Fat Pad Atrophy**

Lesson 21 : **Ebonie Rio Isometric exercise in tendinopathy**

Lesson 22 : **Evaluating Shoe Wear Episode 70**

Lesson 23 : **Achilles Rupture PT Exam**

Lesson 24 : **How to Perform a Thompson Test on a Patient with a COMPLETE ACHILLES RUPTURE**

Lesson 25 : **The BEST and WORST Calf Stretch**

Lesson 26 : **How to Treat Hammer Toes and Metatarsalgia with Custom Orthotics**

Lesson 27 : **Forefoot Shear Why are we not stretching the calves more**

Lesson 28 : **Tarsal Tunnel Syndrome with a Positive Tinel s Sign**

Lesson 29 : **How to Perform Posterior Tibial Nerve Gliding**

Lesson 30 : **Homans Sign for Deep Vein Thrombosis**

Lesson 31 : **Morton s Neuroma Best Clinical Test**

Lesson 32 : **Ottawa Ankle Rules To x ray or not to x ray**

Lesson 33 : **Ottawa Foot Rules To x ray or not to x ray**

Lesson 34 : **Clonus Demonstration with Ortho Eva Pal**

Lesson 35 : **Posterior Tibialis Rupture Evaluation**

Lesson 36 : **Tibialis Posterior Strengthening Exercise with a Ball Ortho Eval Pal**

Lesson 37 : **Tibialis Posterior strengthening exercise with a band**

Lesson 38 : **Planted foot What s Happening**

Lesson 39 : **Ankle Sprain Evaluation with Paul Marquis PT**

Lesson 40 : **Proprioception and Balance Progression with Ortho Eval Pal**

Lesson 41 : **Plantar Fascia Rupture Evaluation with Paul Marquis PT**

Lesson 42 : **Positive Anterior Drawer Test Ankle Exam**

Lesson 43 : **How to Treat Sesamoiditis with Paul Marquis PT**

Lesson 44 : **Morton s Neuroma and Metatarsalgia What s the Difference**

Lesson 45 : **Acute Peroneal Tendinitis Evaluation with OrthoEvalPal**

Lesson 46 : **How to put on a walking walker boot with Paul Marquis PT**

Lesson 47 : **5 Foot and Ankle Strengthening Exercises with Paul Marquis PT**

Lesson 48 : **Using a Lace up Brace for Posterior Tibial Tendinitis**

Lesson 49 : **The Best Fix for Metatarsalgia Orthotics and Metatarsal Pads**

Lesson 50 : **How to Treat a Bunion of the Big Toe**

Lesson 51 : **Sever s Disease Heel Pain in a Young Patient**

Lesson 52 : **Peroneal Nerve Palsy with Foot Drop**

Lesson 53 : **Plantar Fasciitis and Morning Foot Pain**

Lesson 54 : **AVOID These 2 Exercises After an Ankle Sprain**

Lesson 55 : **Back of the heel pain Bone Tendon Bursa**

Lesson 56 : **Plantar Fasciitis and Snowshoeing**

Lesson 57 : **Rocker Bottom Shoes for Foot Pain**

Lesson 58 : **Stiff Big Toe Joint Hallux Rigidus Treatment**

Lesson 59 : **Night Splint for Plantar Fasciitis How to Properly Use it**

Lesson 60 : **Big Toe Pain FIX with Carbon Plate**

Lesson 61 : **Outer Foot Pain with Plantar Fasciitis**

Lesson 62 : **Hammer Toes Claw Toes and Met Pads Easy Fix**

Lesson 63 : **Pressure Mapping with Brittany Bearden from Tekscan**

Lesson 64 : **Positive Tarsal Tunnel Syndrome Eval and Treatment**

Lesson 65 : **Ankle Wrapping for Foot and Ankle Pain**

Lesson 66 : **Shin Pain from Compartment Syndrome Shin pain with running**

Lesson 67 : **Sinus Tarsi Syndrome Outer Ankle Pain**

Lesson 68 : **Ball of the Foot Pain**

Lesson 69 : **Ball of the Foot Pain Relief with Tread Labs Insoles**

Lesson 70 : **Achilles Tendon Pain Partial Tear**

Lesson 71 : **Calcaneal Squeeze Test Heel Squeeze**

Lesson 72 : **Tread Labs Sandals Review**

Lesson 73 : **How to Treat Painful Foot Calluses**

Lesson 74 : **Heel Bursitis vs Achilles Tendinitis Exam**

Lesson 75 : **Foot Arthritis Pain Most Common Signs and Symptoms**

Lesson 76 : **How to Put on a Lace Up Brace**

Lesson 77 : **Royal London Hospital Test**

Lesson 78 : **Forefoot Varus Evaluation**

Lesson 79 : **Metatarsal Pad Correct Placement**

Lesson 80 : **7 Tips for Treating Tarsal Tunnel Syndrome**

Lesson 81 : **Haglund s Deformity**

Lesson 82 : **Big Toe Stretch for Plantar Fasciitis and 1st Metatarsal Tightness**

Lesson 83 : **Achilles Tendon Rupture Classic Signs**

Related courses

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