



What is it?

The sinus tarsi is an important space on the lateral foot, and contains important stabilizing ligaments of the subtalar joint, fat tissue, nerve endings of the peroneal nerve and blood vessels.

Sinus tarsi syndrome is most commonly the result of a traumatic ankle injury or recurrent serious ankle sprains (1). A traumatic ankle injury, or history of ankle sprains may result in excessive movement at the subtalar joint, which in turn leads to chronic inflammation in the sinus tarsi space. The result is constant pain at the front and outside of the ankle.

What do people experience?

Symptoms can include:

- Persistent pain at front and outside (lateral) ankle;
- Feeling of instability at the ankle – made worse after walking on uneven ground or running activity;
- Previous traumatic ankle injury;
- Pain usually felt deep in the ankle, localized at the lateral ankle (sinus tarsi)

Risk factors & how to avoid discomfort

Risk factors include : (2)

- History of serious ankle sprains
- Single traumatic ankle injury
- Rheumatoid arthritis (RA)
- Gout
- Ankylosing spondylitis
- Pes planus foot structure: may be a factor if you have a flat foot

You can reduce symptoms by avoiding risk factors including:

- Unstable footwear, or inappropriate footwear for the activity
- Continuing with treatment of ankle injuries

What are my options for treatment? Who else can help?

Sinus tarsi syndrome is primarily treated through conservative treatment options, and surgery is only indicated in individuals who have persistent pain that has failed conservative treatment.

Conservative treatment options include:

- Custom foot orthoses
- Physiotherapy
- Balance and proprioceptive training
- Activity modifications
- Strengthening exercises
- Bracing and/ or taping
- Proper footwear

Other healthcare providers that may help with symptom management:

- Physiotherapists/ kinesiologists: can develop a balance/ proprioceptive training program, as well as muscle strengthening exercises

Staying active with pain

It is important that you stay active, while modifying your activities and drills or exercises that place excessive stress on the sinus tarsi. A physiotherapist or athletic trainer can help develop a program that will facilitate activity and transition back to sport following an injury.

DON'T LET SINUS TARSI SYNDROME GET YOU DOWN. GET BACK ON YOUR FEET, TODAY.

To feel better, read on!

How can SoleScience help you feel better?

Your SoleScience Pedorthist will create an individualized treatment plan that suits your specific needs, goals, and symptoms. We will work with you to determine not only what we need to do to address your current concerns, but also to prevent future problems.

Your pedorthist will complete a thorough and comprehensive foot examination at your initial appointment. A comprehensive follow-up exam will ensure that you are meeting your goals and allow your pedorthist to reassess your treatment plan (as necessary). During these appointments we will:

- Assess joint and muscle function, including range of motion and gait assessment
- Assess your footwear for both fit and function
- Identify any risk factors that can be modified and make recommendations for change
- Identify areas of risk with specialized tools such as pressure mapping (F-Scan or Pedograph)
- Discuss a treatment plan, which may include a change in footwear, activity modification, or custom foot orthoses and/or a complementary treatment referral (such as physiotherapy)

In addition to your individual treatment plan, your SoleScience Pedorthist will provide you with educational resources to help you best maintain your foot health.

Our take on the need for custom foot orthoses

Sinus tarsi syndrome can plague athletes and individuals who suffer from recurrent ankle injuries and chronic ankle instability. As part of the treatment plan, SoleScience can help to limit instability at the subtalar and ankle joints, as well as provide pain relief. Custom orthotics and footwear have been shown to provide stability for these joints and allow you to get back on your feet.

Custom vs. OTS

Custom foot orthoses are made using a mold (cast) of your foot. This type of insole is made specifically for you and your needs. Your Pedorthist will not only take a cast of your foot in a specific position, but also choose the materials and constructions details tailored specifically to you. The evidence suggests that custom foot orthoses can be a viable part of your treatment plan to improve the stability at the subtalar joint and symptom reduction.

Off-the-shelf (OTS) devices are pre-fabricated for an “average” foot and are designed to slip into most footwear. This type of insole may be heat moldable, or modifiable for a degree of customization, but is not entirely custom made to your foot. There are dozens of insoles available in your local pharmacy or drugstore that may provide support and relief for various foot conditions.

Footwear recommendations

Your footwear choices are an integral part of your treatment plan and day-to-day comfort. Ensure that your footwear options include a stiff heel counter, to limit excessive movement at the rearfoot.(1) In addition, it is important that you are checking your shoes often for wear.

Your Pedorthist will recommend shoe choices for you, and will take into consideration the most appropriate shoes for work and activity requirements.

References

- (1) Helgeson (2009).
- (2) Choudhary & McNally (2011).