



FOOT NOTES

From the office of Carlisle Foot & Ankle Specialists



Nerve Entrapments of the Lower Extremity

Chronic foot and leg pain is one of the most difficult ailments to diagnose and treat as a lower extremity specialist. The underlying etiology needs to be identified. In fact, often times we become tunnel visioned, looking only at the extremity when the true underlying cause may be stemming from a proximal source (ie the back). If local entrapments can be identified with diagnostic injections and/or EMG treatments can be directed at the source.

Noted entrapments in the lower extremity are:

- 1) Common Peroneal @ the fibular head
- 2) Tarsal Tunnel @ the medial foot and ankle
- 3) Deep Peroneal @ the dorsum of foot under the FHB tendon
- 4) Soleal Sling between the gastrocnemius and soleus muscle

A failed tarsal tunnel surgery may actually be an unidentified **Soleal Sling entrapment** of the proximal Posterior Tibial Nerve (the tarsal tunnel nerve). This location is a new medical finding. Entrapment at the Soleal Sling can be identified by squeezing the medial calf muscle and eliciting paresthesias and shooting sensations that resonate into the foot. Pain alone upon compression is not diagnostic.

Our doctors are well experienced in dealing with nerve entrapments and have trained and performed over 1500 nerve release procedures including the soleal sling release.



For more information or to refer your nerve pain patient for an appointment feel free to contact our office:

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