

Inner ankle & sole / tarsal tunnel - education & notes

Clinical-source reading and an observation workbook for lower leg & foot.

01 / Recognize the pattern

Burning, tingling, pain or numbness in the sole may occur when the posterior tibial nerve is compressed at the inner ankle. Posterior tibial nerve beneath the flexor retinaculum.

02 / Understand the limits

Foot shape, swelling and other problems can influence pressure. Other foot or nerve conditions can create similar sensations.

03 / Movement and rehabilitation

Do not start an extreme ankle stretch as a self-test. A professional may choose activity changes and a specific exercise or support plan after assessment.

04 / Review and warning signs

Avoid repeatedly provoking tingling by tapping the ankle or forcing deep ankle bend. Protect areas with reduced sensation. Persistent altered sensation, worsening pain or loss of function needs assessment; an injured numb foot deserves particular care.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Describe what happens during normal activity. Record location, timing and any change in function. Bring the notes to your clinician; do not use them to identify a nerve lesion or choose a stretching dose yourself.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Date and region	Sensation and timing	Activity / position	Function / weakness	Questions / next action

Evidence and original clinical reading

<https://www.kentcht.nhs.uk/leaflet/tarsal-tunnel-syndrome-2/>

Source reviewed 30 September 2026. The clinical publisher has not endorsed or individually approved this site. These guides support assessment, not self-diagnosis. Use clinician-agreed ranges and doses. Keep personal notes private.