

## **Sinus tarsi syndrome**

### **What is the sinus tarsi?**

The sinus tarsi is the softer spot on the outer aspect of the foot, just in front of the tip of the ankle bone. It is a space surrounded by four bones of the foot, the calcaneus (heel bone), the talus, the navicular and the cuboid. The sinus is filled with the talocalcaneal ligament, linking the talus and the calcaneus, and some fatty tissue.

### **What is the sinus tarsi syndrome?**

Sinus tarsi syndrome is the injury or inflammation of the talocalcaneal ligament and presents with a characteristic pain and tenderness on the outer aspect of the hindfoot. Symptoms are typically worse in the morning with stiffness and pain. Symptoms are usually worse with walking, especially on uneven surfaces.

### **What is the treatment sinus tarsi syndrome?**

Treatment of this condition is primarily conservative, that is physiotherapy (<http://www.physioadvisor.com.au/8074550/sinus-tarsi-syndrome-physioadvisor.htm>) and local anaesthetic and cortisone injection. If significant pain returns despite temporary relief of symptoms, surgery may be indicated.