|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SEC Form 3 |  |  |  |  |  |  |
| **FORM 3** | **UNITED STATES SECURITIES AND EXCHANGE** |  |  |  |  |  |
|  | **COMMISSION** |  |  | |  |  |
|  |  |  | |  |  |
|  |  | OMB APPROVAL | | |  |
|  | Washington, D.C. 20549 |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  | OMB Number: | 3235- |  |  |
|  |  |  |  |  |
|  | **INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF** |  | 0104 |  |  |
|  |  |  |  |  |
|  |  | Estimated average burden | | |  |
|  | **SECURITIES** |  |  | 0.5 |  |  |

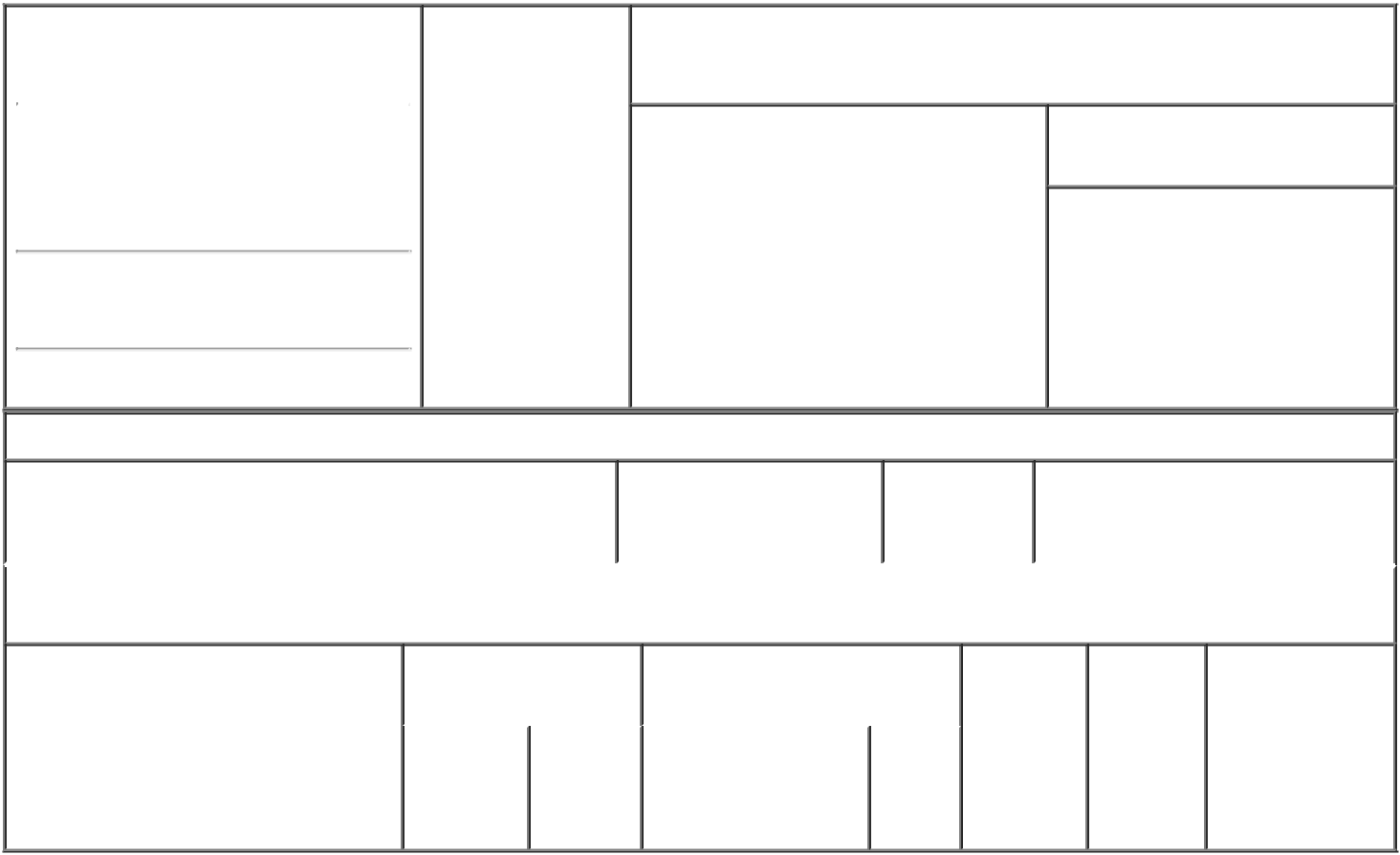


hours per

response:

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

or Section 30(h) of the Investment Company Act of 1940



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. Name and Address of Reporting Person | | | \* | 2. Date of Event |  |
|  | Requiring Statement |  |
|  | [Asbury Valerie L.](http://www.sec.gov/cgi-bin/browse-edgar?action=getcompany&CIK=0001904264) | |  |  |
|  |  | (Month/Day/Year) |  |
|  |  |  |  | 01/05/2022 |  |

3. Issuer Name **and** Ticker or Trading Symbol

[TACTILE SYSTEMS TECHNOLOGY INC](http://www.sec.gov/cgi-bin/browse-edgar?action=getcompany&CIK=0001027838) [ TCMD ]

(Last) (First) (Middle)

3701 WAYZATA BLVD.

SUITE 300

|  |  |
| --- | --- |
| (Street) |  |
| MINNEAPOLIS MN | 55416 |

1. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

X Director 10% Owner

Officer (give Other (specify

title below) below)

1. If Amendment, Date of Original Filed (Month/Day/Year)
2. Individual or Joint/Group Filing (Check Applicable Line)

* Form filed by One Reporting Person

Form filed by More than One Reporting Person

(City) (State) (Zip)

**Table I - Non-Derivative Securities Beneficially Owned**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **1. Title of Security (Instr. 4)** | **2. Amount of Securities** | **3. Ownership** | **4. Nature of Indirect Beneficial** | |
|  |  | **Beneficially Owned (Instr.** | **Form: Direct** | **Ownership (Instr. 5)** | |
|  |  | **4)** | **(D) or Indirect** |  |  |
|  |  |  | **(I) (Instr. 5)** |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**Table II - Derivative Securities Beneficially Owned**

**(e.g., puts, calls, warrants, options, convertible securities)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1. Title of Derivative Security (Instr. 4)** | **2. Date Exercisable and** | | **3. Title and Amount of Securities** | | **4.** | **5.** | **6. Nature of** |  |
|  | **Expiration Date** | | **Underlying Derivative Security** | | **Conversion** | **Ownership** | **Indirect Beneficial** |  |
|  | **(Month/Day/Year)** | | **(Instr. 4)** |  | **or Exercise** | **Form:** | **Ownership (Instr.** |  |
|  |  |  |  |  | **Price of** | **Direct (D)** | **5)** |  |
|  |  |  |  | **Amount** |  |
|  |  |  |  | **Derivative** | **or Indirect** |  |  |
|  |  |  |  | **or** | **Security** | **(I) (Instr. 5)** |  |  |
|  |  |  |  | **Number** |  |  |  |  |
|  | **Date** | **Expiration** |  | **of** |  |  |  |  |
|  | **Exercisable** | **Date** | **Title** | **Shares** |  |  |  |  |

**Explanation of Responses:**

**Remarks:**

No securities beneficially owned. Exhibit List: Exhibit 24-Power of Attorney

**No securities are beneficially owned.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | /s/ Jonathan Zimmerman, | | | 01/12/2022 |  |
|  | Attorney-in-Fact | |  |  |
|  |  |  |
|  |  |  | |  |  |
|  | \*\* Signature of Reporting | | | Date |  |
|  | Person | | |  |
|  |  |  |
| Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. | | | |  |  |
| \* If the form is filed by more than one reporting person, *see* Instruction 5 (b)(v). | | | |  |  |

* Intentional misstatements or omissions of facts constitute Federal Criminal Violations *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a). Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.**

POWER OF ATTORNEY

EX-24

For Executing Forms 144, Forms 3, 4, 5 and Form ID

The undersigned hereby constitutes and appoints Brent Moen, Jonathan R. Zimmerman,Christine Long, Jason Kise,

and Amra Hoso, and each of them, the undersigned's true

and lawful attorney-in-fact, for such period of time that the undersigned is required to file reports pursuant to Section 16(a)

of the Securities Exchange Act of 1934, as amended (the "Exchange Act"),

or Rule 14.4 of the Securities Act of 1933, as amended (the "Securities Act"), due to the undersigned's affiliation with Tactile Systems Technology, Inc., a Delaware corporation, unless earlier revoked by the undersigned

in a signed writing delivered to the foregoing attorneys-in-fact, to:

1. execute for and on behalf of the undersigned Forms 144, Forms 3, 4, 5 and Form ID and any amendments to previously

filed forms in accordance with Section 16(a) of the Exchange Act or Rule 144 of the Securities Act and the rules thereunder;

1. do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete

the execution of any such Forms 144, Forms 3, 4, 5 and Form ID and the timely filing of such form with the United States Securities

and Exchange Commission and any other authority as required by law; and

1. take any other action of any type whatsoever in connection

with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest of or legally required by the undersigned, it being understood that the documents executed by such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney shall be in such form and shall

contain such terms and conditions as such attorney-in-fact may approve in his discretion.

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform all and every act

and thing whatsoever requisite, necessary and proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned could do if personally present, with full power of substitution or revocation, hereby

ratifying and confirming all that such attorney-in-fact, or his or her substitute or substitutes, shall lawfully do or cause to be done by virtue of this Power of Attorney and the rights and powers herein granted.

The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assuming any of the undersigned's responsibilities to

comply with Section 16 of the Exchange Act or Rule 144 of the Securities Act.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this January 3, 2022.

/s/ Valerie L. Asbury