FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

l	OMB APPROVAL									
l	OMB Number:	3235-0287								
l	Estimated average burden									

0.5

hours per response:

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b)

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* NIGON RICHARD							2. Issuer Name and Ticker or Trading Symbol TACTILE SYSTEMS TECHNOLOGY INC TCMD								Relationship of Reportin (Check all applicable) X Director			uer vner	
(Last) (First) (Middle) 1331 TYLER STREET NE, SUITE 200								Trans	saction (Mo	onth/[Day/Year)		Office below	r (give title)	Other (sp below)		pecify		
(Street) MINNEAPOLIS MN 55413 (City) (State) (Zip)						4. If Amendment, Date of Original Filed (Month/Day/Year)								e) X Form					
(- 9)				n-Deriv	vativ	e Se	curities	. Δc	nuired	Diei	nosed o	of or Re	neficia	ly Owner	1				
Table I - Non-Deriva 1. Title of Security (Instr. 3) 2. Transa Date (Month/D					saction				3. Transa Code (ction	4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4			5. Amount of Securities Beneficially Owned Following		Form (D) or	: Direct r Indirect str. 4)	7. Nature of Indirect Beneficial Ownership	
									Code	v	Amount	(A) o (D)	r Price	Reporte Transac (Instr. 3	tion(s)			(Instr. 4)	
Common Stock 07/27/							2016		A		5,000	(1) A	A \$0		8,322		D		
Common	Stock										66	66,470			By Trust ⁽²⁾				
		-	Table II -									or Ben		/ Owned		•	,	-	
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date if any (Month/Day/Ye	Date,	Code (Inst				6. Date Exercisa Expiration Date (Month/Day/Yea		of Securiti		ies g Security	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4)	i (10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisab		expiration Pate	Title	Amount or Number of Shares						
Stock Option (Right to	\$10	07/27/2016			A		14,370		(3)	0	7/27/2023	Common Stock	14,370	\$0	14,37	0	D		

Explanation of Responses:

- 1. On July 27, 2016, the reporting person was granted 5,000 restricted stock units, vesting in full on the earlier of (a) July 27, 2017 or (b) immediately prior to the next annual meeting of stockholders following July 27, 2016, subject to the reporting person's continued service as a director as of such date. The restricted stock units may only be settled in shares of common stock on a one-for-one basis.
- 2. Represents securities held by Richard Nigon, Trustee of the Mary Nigon Revocable Trust under Agreement dated August 19, 2015.
- 3. The option will vest in full on the earlier of (a) July 27, 2017 or (b) immediately prior to the next annual meeting of stockholders following July 27, 2016, subject to the reporting person's continued service as a director as of such date

/s/ Jonathan R. Zimmerman,

07/29/2016

Attorney-in-Fact

** Signature of Reporting Person

Date

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 4 (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.