## FORM 4

obligations may continue. See Instruction 1(b).

Check this box if no longer subject to Section 16. Form 4 or Form 5

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

| OMB APPRO                | DVAL      |  |  |  |  |  |  |  |
|--------------------------|-----------|--|--|--|--|--|--|--|
| OMB Number:              | 3235-0287 |  |  |  |  |  |  |  |
| Estimated average burden |           |  |  |  |  |  |  |  |
| hours per response:      | 0.5       |  |  |  |  |  |  |  |

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*  Folkes Robert J. |   |      |   |         |                              | TACTILE SYSTEMS TECHNOLOGY INC [ TCMD ]                     |   |        |                                      |                  |  |       |       |                        |                       | utionship of Reporting<br>all applicable)<br>Director<br>Officer (give title<br>below) |   | 10% Owner Other (specify below)                                   |  |
|--|---|------|---|---------|------------------------------|---|---|--------|--------------------------------------|------------------|--|-------|-------|------------------------|-----------------------|--|---|---|--|
| (Last) (First) (Middle) 3701 WAYZATA BLVD. SUITE 300       |   |      |   |         | 02/                          | 3. Date of Earliest Transaction (Month/Day/Year) 02/26/2020 |   |        |                                      |                  |  |       |       |                        |                       | Chief Operating Officer  |   |   |  |
| (Street) MINNEAPOLIS MN 55416  (City) (State) (Zip)        |   |      |   |         |                              | 4. If Amendment, Date of Original Filed (Month/Day/Year)    |   |        |                                      |                  |  |       |       |                        | . Indivi              |  |   |   |  |
|  |   | Tabl | le I - Noi                                    | n-Deriv | ative                        | Se  | curitie   | es Acc | quired,                              | Dis              | posed o                                    | f, or | Ben   | efici                  | ally C                | )wne   | ed  |   |  |
| 1. Title of Security (Instr. 3)  2. Transac Date (Month/Da |   |      |   |         |                              | ar) E   | 2A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) |        | Transaction Disposed Code (Instr. 5) |                  | ties Acquired (A)<br>d Of (D) (Instr. 3, 4 |       |       | 4 and So               |                       | ount of<br>ities<br>icially<br>d Following<br>ted                                      | 6. Ownership<br>Form: Direct<br>(D) or Indirect<br>(I) (Instr. 4)   | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |  |
|  |   |      |   |         |                              |   | Code  | v      | Amount                               | (1)              | A) or<br>D)                                | Price | Trans |                        | action(s)<br>3 and 4) |  | ()  |   |  |
| Common Stock 02/26/2                                       |   |      |   |         |                              |   | 2020  |        | A                                    |                  | 7,880                                      | 1)    | A     | \$ <mark>0</mark>      |                       | 66,780   |   | D   |  |
| Common Stock 02/26/2                                       |   |      |   |         |                              |   | 2020  |        | F                                    |                  | 876(2)                                     |       | D     | \$54.12                |                       | 2 65,904   |   | D   |  |
|  |   | Та   |   |         |                              |   |   |        |                                      |                  | sed of,<br>onvertib                        |       |       |                        | y Ow                  | ned  |   |   |  |
| 1. Title of<br>Derivative<br>Security<br>(Instr. 3)        | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security |      | 3A. Deeme<br>Execution<br>if any<br>(Month/Da | Date,   | 4.<br>Transa<br>Code (<br>8) |   |   |        | 6. Date E<br>Expiration<br>(Month/E  | on Dat<br>Day/Ye |  | 0     |       | str. 3<br>ount<br>mber |                       |  | 9. Number of<br>derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction<br>(Instr. 4) | Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |

## **Explanation of Responses:**

1. On February 28, 2018, the reporting person was granted performance stock units ("PSUs"), with the number of PSUs earned to be determined based on the extent to which certain performance conditions were met for a performance period of 2019. As determined on February 26, 2020, based on actual performance for 2019, the reporting person earned 7,880 PSUs. Of those earned PSUs, one-third, or 2,626 PSUs, vested on February 26, 2020, and the remaining two-thirds, or 5,254 PSUs, are scheduled to vest on February 26, 2021.

2. Consists of shares withheld by the issuer to satisfy the reporting person's tax withholding obligation upon the vesting of PSUs.

/s/ Jonathan R. Zimmerman, 02/28/2020 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.