

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

OMB APPROVAL	
OMB Number:	3235-0287
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1. Name and Address of Reporting Person* <u>Rishe Bryan</u> (Last) (First) (Middle) 3701 WAYZATA BLVD. SUITE 300 (Street) MINNEAPOLIS MN 55416 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>TACTILE SYSTEMS TECHNOLOGY INC [TCMD]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <p style="text-align: center;">SVP, Sales</p>
	3. Date of Earliest Transaction (Month/Day/Year) 12/23/2019	
		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	12/23/2019		M ⁽¹⁾		3,409	A	\$32.36	49,271	D	
Common Stock	12/23/2019		S ⁽¹⁾		3,409	D	\$70	45,862	D	
Common Stock	12/26/2019		M ⁽¹⁾		4,812	A	\$0.96	50,674	D	
Common Stock	12/26/2019		S ⁽¹⁾		3,980	D	\$69.0917 ⁽⁴⁾	46,694	D	
Common Stock	12/26/2019		S ⁽¹⁾		527	D	\$70.0364 ⁽⁵⁾	46,167	D	
Common Stock	12/26/2019		S ⁽¹⁾		305	D	\$70.8113 ⁽⁶⁾	45,862	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date					
Employee Stock Option (right to buy)	\$32.36	12/23/2019		M ⁽¹⁾			3,409	(2)	02/28/2025	Common Stock 3,409	\$0	6,819	D	
Employee Stock Option (right to buy)	\$0.96	12/26/2019		M ⁽¹⁾			4,812	(3)	10/13/2023	Common Stock 4,812	\$0	0	D	

Explanation of Responses:

- Stock option exercises and sales effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on May 9, 2019.
- The stock option vests as follows: one-third of the stock option vests on each of the first three anniversaries of the grant date, February 28, 2018.
- Fully vested.
- Reflects the weighted average price of 3,980 shares of common stock of Tactile Systems Technology, Inc. sold by the reporting person in multiple transactions on December 26, 2019 with sale prices ranging from \$68.57 to \$69.47 per share. The reporting person undertakes to provide upon request by the U.S. Securities and Exchange Commission staff, the issuer, or a security holder of the issuer, full information regarding the number of shares sold at each separate price.
- Reflects the weighted average price of 527 shares of common stock of Tactile Systems Technology, Inc. sold by the reporting person in multiple transactions on December 26, 2019 with sale prices ranging from \$69.60 to \$70.44 per share. The reporting person undertakes to provide upon request by the U.S. Securities and Exchange Commission staff, the issuer, or a security holder of the issuer, full information regarding the number of shares sold at each separate price.
- Reflects the weighted average price of 305 shares of common stock of Tactile Systems Technology, Inc. sold by the reporting person in multiple transactions on December 26, 2019 with sale prices ranging from \$70.68 to \$71.05 per share. The reporting person undertakes to provide upon request by the U.S. Securities and Exchange Commission staff, the issuer, or a security holder of the issuer, full information regarding the number of shares sold at each separate price.

/s/ Jonathan R. Zimmerman, 12/26/2019
 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.