

PERONEAL TENDINOPATHY

“My Painful Ankle!”



PERONEAL TENDONS: CONNECT MUSCLES TO BONES

**Common cause of
“outside” ankle pain**

Usually result of overuse

Slow to heal!



ANATOMY

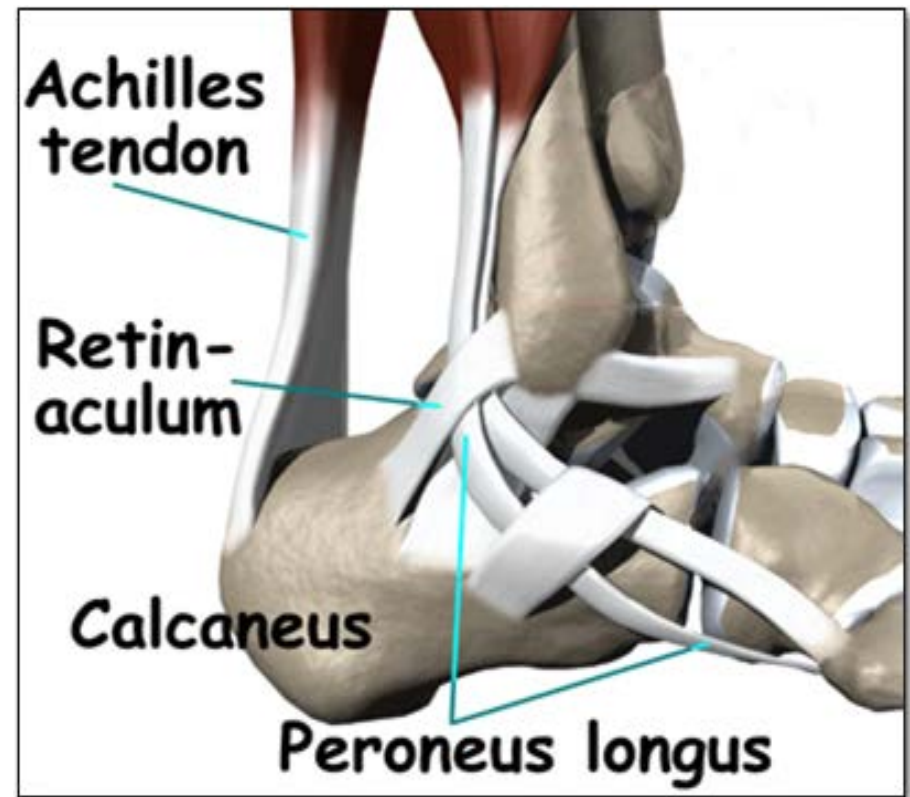
2 Tendons:

Peroneus longus

Peroneus brevis

Location: outside part
of ankle

Function: turn ankle up
and out



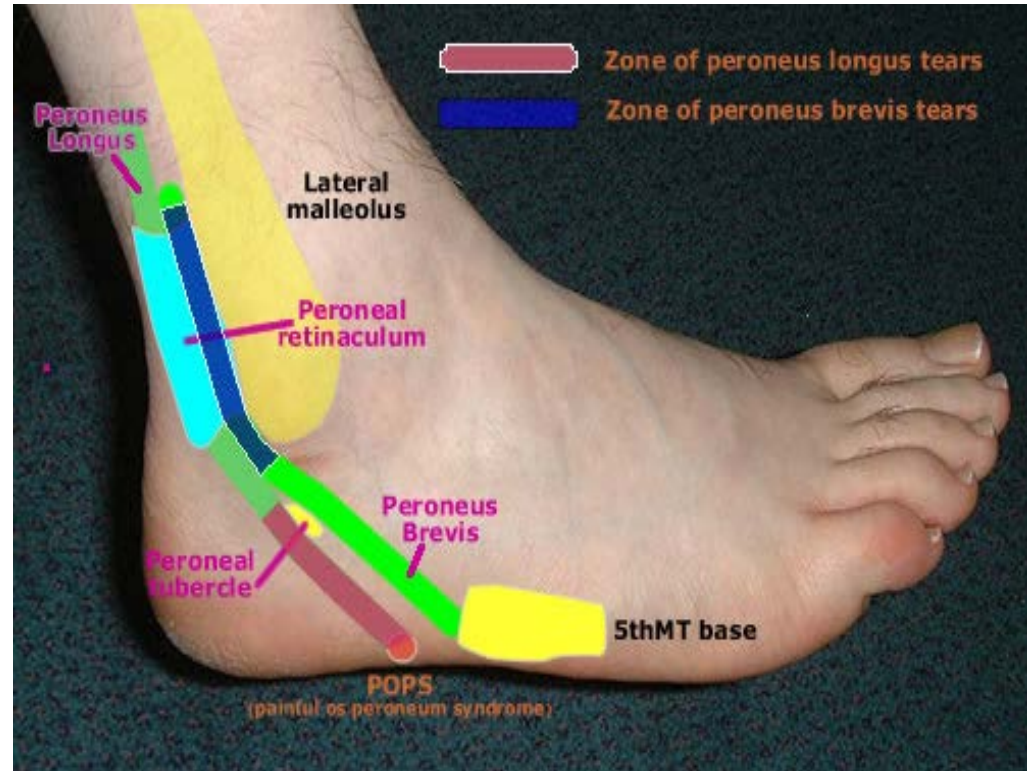
SYMPTOMS

“Burning” pain

Swelling

“Catching”

“Popping”



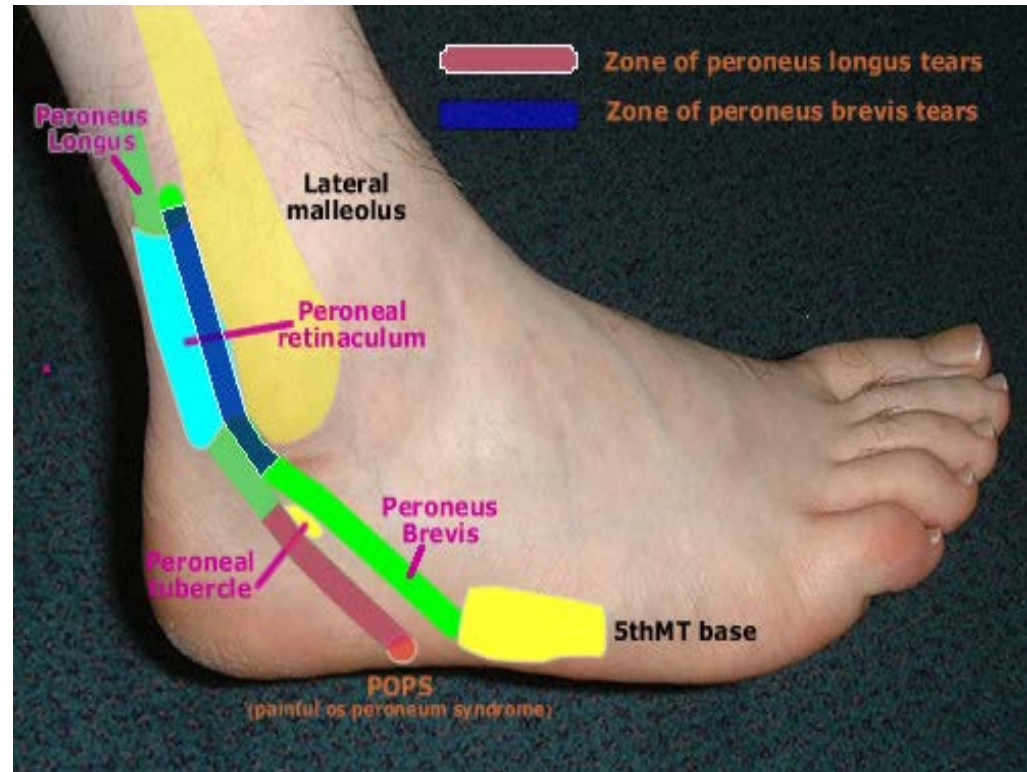
SYMPTOMS

Stiffness

Worse with...

Prolonged standing

Walking on uneven surfaces



AT RISK POPULATION

Athletes

Hikers/skiers

Sedentary

Overweight

Diabetics



COMMON CAUSES

Overuse

Running on uneven surfaces (sides of road)

Tight calf muscles

Excessively flat feet



TRADITIONAL NONOPERATIVE TREATMENT

Rest

Ice

Heel insert

Deep tissue massage

Orthotics

Physical therapy modalities



IMMOBILIZATION

Walking boot

Usually 2-4 weeks

Often helpful

“Burns no bridges”



NEWER TREATMENT : SHOCK WAVE THERAPY

Safe

Noninvasive

In-office procedure

Enhances tendon healing

- “Brings blood to tissue with poor blood supply”



SURGICAL OPTIONS

Debridement of diseased tendon

**Removal of swollen “scar tissue”
 (“synovectomy”)**

Repair of tears

Possible tendon transfers

Requires some immobilization



OTHER SURGICAL OPTIONS

Tendon transfers

**Bone realignment
procedures**

