Anatomy: Peroneal Tendonitis develops as a result of overloading the peroneal tendons. The peroneal muscles, the peroneus longus and peroneus brevis, are two muscles located on the outside of the lower leg. They originate on top of the fibula, the bone on the outside of the lower leg, and extend behind the ankle bone to the outside of the foot. When the peroneals muscles contract, they move the foot up and out and depress the metatarsal bone.

Tendinitis is inflammation of the tendon that varies from microscopic to macroscopic levels. In acute tendonitis, microtears often cause localized swelling and tenderness. In chronic tendonitis there may be complete disruption of the ankle tendon. Injuries to the peroneals tendons may occur in conjunction with other injuries and are confused with ankle sprains.

Causes/Mechanism of Injury:

• Running on uneven surfaces
• Tight calf and peroneal muscles
• Chronic lateral ankle stability
• Tendon contusions from direct blows or contact
• Overuse – for example distance runners, cyclists and triathletes
• Abnormal foot function
• Compensatory walking patterns
• Excessive supination (ankle rolling to the outside)
• Prolonged standing and walking with weight on the outside of the foot

If pain presents on the outside of the lower leg, it is important to rule out a fibular stress fracture which often replicates symptoms of peroneals tendonitis.

Symptoms:

• Pain and tenderness along the tendon, especially within close proximity to the ankle and foot
• Stiffness of the foot and inability to stretch without pain
• Swelling around the tendon
• Pain at night and first thing in the morning
• Popping or clicking in the outside of the ankle
Treatment/Management:

**Rest** – Stop any activity that causes pain or swelling. Irritable activities may delay the healing process.

**Ice** – Icing on and off 20 minutes at a time may decrease pain and swelling.

**Medication** – anti-inflammatories may decrease pain and inflammation.

**Immobilization** – a cast or boot may take pressure off the injured tendon and allow it to heal.

**Shoe modification** – avoid wearing shoes that rub on the tender area. Placing a wedge in the shoe under the outside of the heel may shorten the peroneal tendons and decrease inflammation.

**Orthotics** – Custom arch supports may control abnormal motion in the foot and stabilize the ankle to relieve stress on the peroneal tendons.

**Exercises** - stretching and strengthening may increase stability at the ankle and decrease irritation of the peroneal tendons.

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**Stretch ankle inv sit w/towel**

Perform 1 set of 4 Repetitions, twice a day.

Use Towel.

Hold exercise for 20 Seconds.

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**Stretch Soleus stand**

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

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**Stretch Gastroc uni standing**

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

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**Stretch Gastroc sit w/towel**

Perform 1 set of 5 Repetitions, twice a day.

Use Towel.

Hold exercise for 30 Seconds.

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**AROM ankle PF uni sit**

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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**Resist ankle ever uni sit w/elastic**

Perform 3 sets of 10 Repetitions, once every other day.

Use Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resist ankle PF longsit w/elastic</td>
<td>Perform 3 sets of 10 Repetitions, once every other day. Use Elastic. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</td>
</tr>
<tr>
<td>AROM ankle PF bil stand</td>
<td>Perform 3 sets of 20 Repetitions, once a day. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</td>
</tr>
<tr>
<td>AROM ankle PF bil stand on step</td>
<td>Perform 3 sets of 20 Repetitions, once a day. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</td>
</tr>
<tr>
<td>AROM ankle DF bil (eccentric)</td>
<td>Perform 3 sets of 20 Repetitions, once a day. Rest 1 Minute between sets.</td>
</tr>
<tr>
<td>AROM ankle DDF uni (eccentric)</td>
<td>Perform 3 sets of 20 Repetitions, once a day. Rest 1 Minute between sets.</td>
</tr>
<tr>
<td>AROM stance uni balance eyes open</td>
<td>Perform 5 sets of 1 Minute, once a day. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</td>
</tr>
<tr>
<td>AROM hip/knee sagittal balance uni w/Balance Board</td>
<td>Perform 3 sets of 20 Repetition, once a day. Use Wobble Board. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</td>
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</tbody>
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