

Welcome to Queensferry Podiatry

Established in 1999, we have dedicated over 25 years to providing a professional and welcoming podiatry service. Our expertise includes:

- Routine issues, such as nail problems, hard skin and corns.
- Diabetic foot care and check-ups.
- Musculoskeletal problems.
- Orthotic fitting.
- Nail surgery.

- ✓ Our podiatrists are degree trained.
- ✓ Registered with the Health Care Professionals Council (HCPC).
- ✓ Members of the Royal College of Podiatrists.

Individual Advice:



Contact Information



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Book online:
www.queensferrypodiatry.com



For more information on our website and booking information, please scan the QR code.



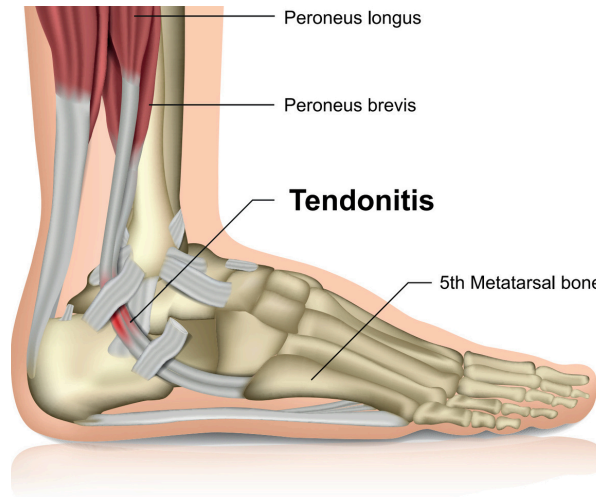
Peroneal Tendinopathy



Guidance for Patients



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What is Peroneal Tendinopathy?

The Peroneal muscles consist of the peroneus longus and peroneus brevis at the back & outside of the lower leg. These tendons, play a crucial role in stabilising the ankle and foot during movement.

Peroneal tendinopathy is an overuse injury causing inflammation and degeneration of the peroneal tendons resulting in pain on the outside of the ankle. This friction causes the tendons to swell. Over time, the tendons will thicken in size to try and manage the increased load more efficiently.

Symptoms

- **Pain:** Typically felt on the outer side of the ankle and foot, often worsening with activity.
- **Swelling:** Noticeable around the ankle or foot.
- **Tenderness:** Sensitivity when touching the affected area.
- **Stiffness:** Reduced range of motion in the ankle and foot.
- **Weakness:** Difficulty performing activities that require ankle stability.

What causes it?

- **Overuse:** Repetitive activities such as running, especially on uneven surfaces, can strain the tendons.
- **Foot Structure:** Abnormal foot mechanics, such as flat feet or high arches, can increase stress on the tendons.
- **Previous Injuries:** Past ankle sprains or other injuries can make tendons more susceptible to tendinopathy.
- **Inappropriate Footwear:** Shoes lacking proper support or cushioning can exacerbate the condition.
- **Muscle Imbalances:** Weak or imbalanced lower leg muscles can lead to increased tendon stress.

Treatment Options

Your podiatrist will show you exercises to improve the ankle mobility and strengthen the muscles. Scan the QR code for videos on our website.



Start by doing the early stage exercises and then as you get better at these you can progress to the middle and later stage exercises.

- Ankle Strengthening
- Single Leg Stand
- Heel Raises
- Single Leg Heel Raise
- Calf Exercises

Treatment options

- **Footwear** - changing to supportive running style trainers/shoes with a slight heel will provide the best support for the peroneals.
- **Activity modification** - Some resting of the foot might provide relief in the early stages. This will allow the foot to settle to then start your mobility and strengthening exercises. Staying active is still encouraged for your health, walking distance might need to be adjusted.
- **Ice, compression and elevation** – Apply an ice pack or cold compress to your ankle for 20 minutes every two hours. Wrap your ankle in a compression bandage to reduce swelling and keep your ankle elevated, preferably above the level of your heart.
- **Orthotics:** Custom orthotic insoles can address abnormal foot mechanics and help distribute pressure more evenly, reducing the strain on the peroneal tendons.
- **Surgical intervention:** In cases where conservative treatments fail to provide relief, a referral for surgical options may be considered. Surgery may involve repairing or reconstructing the damaged tendons, removing any scar tissue, or addressing any contributing anatomical factors.

Healing time will vary based on the severity of the injury, duration of the problem and how well patients stick to their treatment plan.