

## Our highly skilled podiatrists

are registered with the Health Care Professionals Council (HCPC) and members of the College of Podiatrists. The practice is accredited by the College of Podiatrists (CoP).

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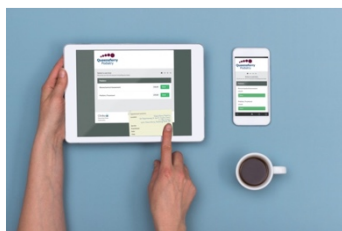
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## Professional and caring podiatrists

## Peroneal Tendonitis



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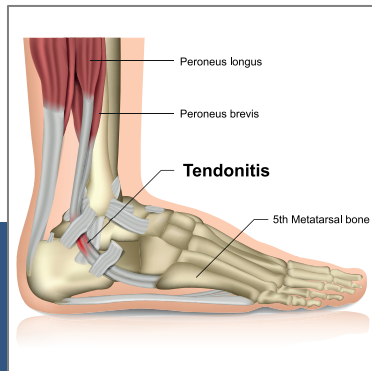
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### Treatment Advice



## What is Peroneal Tendonitis?

Peroneal tendonitis 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.



## What causes it?

Overuse is the primary cause, however, there are a number of factors which can increase your risk of injury.

- If you run on along slopes which cause excessive inversion (rolling out) of your foot, then you are more susceptible. This is because the peroneal tendon is stretched more across the bone, therefore increasing friction.
- Tight calf muscles will increase the tension in the peroneal tendon, so causing it to rub more.
- Overtraining is also a contributory factor, particularly in dancers or basketball players.
- Biomechanical factors can, increase friction between your tendon and ankle bone.

## The Peroneal Muscles

The Peroneal muscles consist of the Peroneus longus and Peroneus brevis at the back & outside of the lower leg. The peroneal tendons pass down the back and underneath the bony bit on the outside of the ankle (called lateral malleolus).

## Symptoms?

- Pain and swelling on the outside of the ankle just below the lateral malleolus.
- Pain is often worse during activity, but symptoms improve with rest.
- You may have pain when pressing in on the outside of the ankle.
- Pain may be recreated by stretching the peroneal muscles.

*Deep tissue sports massage to the peroneal muscles can help to reduce tension in the muscle. As a result, the muscles relax which in turn reduces the tension in the tendon.*

## Treatment options?

**Rest** - as it is an overuse injury, continuing to train will not allow time for healing to take place. However, it may be possible to do other activities such as, swimming or cycling, to maintain fitness.

**Ice** – ice or cold therapy can be applied for 10 minutes every hour to begin with, reducing frequency as your symptoms improve.

**Ankle support/brace** – wear a peroneal tendonitis brace to protect and support your ankle. If your injury has passed the acute stage, then a simple neoprene ankle wrap is ideal as it acts as a heat retainer.

**NSAID's** - non-steroidal anti-inflammatory drugs help to reduce pain and inflammation. Do not take Ibuprofen if you have Asthma.

**Stretching** - stretching your calf muscles and peroneal muscles are important. Tight peroneal muscles will increase the friction between the peroneal tendon and the bone. Gently stretching the muscles over time will reduce the tension in your muscle. Your podiatrist will show you how to carry out these exercises.

**Surgery** – In severe cases, surgery may be required.