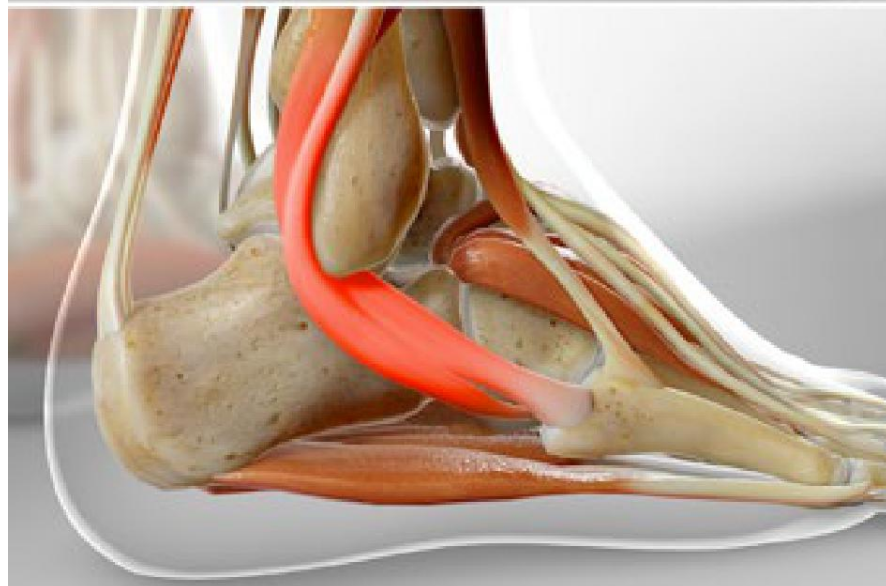




Peroneal Tendonitis (Peroneal Tendinitis)



Overview

This is a painful inflammation of the peroneal tendons. These tendons travel from the lower leg to the foot. They pass along the outer side of the ankle. Without proper care, this injury can turn into a long-term problem we call "peroneal tendinosis."

Causes

What causes these tendons to become inflamed? It's linked to overuse. It can happen to new runners, and to runners who increase their run times. It can happen to athletes who play sports that require a lot of quick pivots. It's more common in people who have high arches, and in those who have had a lot of ankle sprains. And, it can be linked to shoes that don't give you good support.

Symptoms

What are the symptoms? You may have pain and swelling. This can affect the area below and behind the bony bump on the outer side of your ankle. Your pain may get worse with activity, and improve with rest.

Treatment

How do we treat it? We commonly start with rest, and possibly a walking boot. You may benefit from medications and physical therapy. If these don't help, you may need surgery. Your doctor will create a plan that's right for you.