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Lateral Foot Pain

Peroneal Tendinopathy

Helping people to be
the best they can be

Peroneal Tendinopathy

What is peroneal tendinopathy?

An irritation to one or both peroneal tendons (the tendons on the outside of the foot and leg), with subsequent degeneration and inflammation. The condition can be acute (short-term) or chronic (long-term).

Who is affected?

Peroneal tendon injuries primarily occur in sports men and women due to the increase of ankle motion during running. Individuals with excessively low or high arches are also at greater risk of this injury.

What are the symptoms and causes?

There are three main types of peroneal tendon injuries:

- Inflammation of one or both of the tendons caused by repetitive overuse or ankle sprains – patients will experience pain, swelling and possible discolouration
- Acute tears caused by repetitive activity such as running – pain will be severe and can result in substantial swelling, this can cause an unstable ankle joint in future creating a

What are the treatment options?

- Resting, immobilizing foot in a stirrup ankle brace or orthotic which supports the arch and has a lateral rearfoot wedge for the supinated foot, or a medial rearfoot wedge for the pronated foot to take tension off the tendons
- Ankle stretching and strengthening exercises
- Ice, heat and ultrasound therapy
- Extracorporeal shockwave therapy
- Anti-inflammatory medications i.e. ibuprofen
- In rare cases, a steroid injection can be used to inject the tendon sheath if all other conservative treatment methods fail, however tenosynovitis of the peroneal tendon has to be confirmed through imaging before this is carried out (this procedure carries a high risk of rupture)
- In severe cases, surgery may be necessary, there are

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Open Monday – Friday

09.00 – 12.30 and 13.30 –

16.00