

Exercise Program for Peroneal Tendonitis

If you have peroneal tendonitis, performing home exercises can help decrease pain and improve your ankle strength and mobility.

There are 5 exercises in this program: Calf Wall Stretch.
Standing Soleus Stretch.
Ankle Inversion and Eversion.
Resisted Ankle Eversion, and Single Leg Calf Raises.

Start each exercise slowly. A little discomfort is normal, but stop any exercise that causes pain.

Now, let's get started.

To do a calf wall stretch: Stand facing a wall with your hands on the wall. Then take a step back with your affected leg.

Keeping your toes pointed forward and both heels on the floor, bend your front knee and shift your weight forward. Keep your back leg straight.

Hold the stretch for 15 to 30 seconds, or longer if you can, then relax.

Repeat 3 times.

To do a standing soleus stretch: Stand facing a wall with your hands on the wall. Then take a step back with your affected leg.

Keeping your toes pointed forward and both heels on the floor, bend both knees and lean forward.

Hold the stretch for 15 to 30 seconds, or longer if you can, then relax.

Repeat 3 times.

To do ankle inversion and eversion: Sit in a chair with your affected leg crossed over your other knee.

Hold the bottom of your foot and slowly tilt the sole of your foot toward the floor. Hold for 5 to 10 seconds.

Then pull your foot toward you, tilting it to the ceiling. Hold for 5 to 10 seconds.

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Repeat 10 times.

To do resisted ankle eversion: Sit on the floor with your legs straight.

Tie a resistance band or elastic tubing around your affected foot.

Hold the end of the resistance band and press your unaffected foot against the band to anchor it.

Turn your affected foot outward, pulling against the band. Hold for 5 seconds, then return to the starting position.

Repeat 10 times.

To do single leg calf raises: Stand with your feet shoulder-width apart and your hands on the back of a chair, table, or countertop for balance.

Lift your unaffected foot off the floor so all of your weight is on your affected foot.

Raise the heel of your affected foot as high as you can, then lower it back down.

Repeat 10 times.

Talk to your healthcare provider or physical therapist about these exercises and others to improve function in your ankle.