



## Peroneal Tendon Tear



### Overview

This is a tear of one or both of the tendons on the outer side of your ankle. They travel from your lower leg, behind the bump on your ankle and down to your foot. Tears here tend to happen along the length of the tendon, not across it.

### Causes

What causes this type of tear? It can be from an athletic injury. It can also happen over time from overuse. Activities that put a lot of stress on the ankle raise your risk for this type of tear. The anatomy of your foot and ankle can raise your risk, too.

### Symptoms

What are the symptoms? You can have pain, swelling and weakness along the outer side of your ankle. If a damaged tendon shifts out of place, you may feel a popping sensation. Symptoms get worse with physical activity.

### Treatment

How do we treat it? Sometimes, immobilizing your ankle can allow a peroneal tendon tear to heal on its own. If that doesn't help, it can be repaired with surgery. Your doctor will create a plan that's right for you.

