



Peroneal Tendinosis



Overview

This is a swelling and thickening of the peroneal tendons. These tendons travel from the lower leg to the foot. They pass along the outer side of the ankle. Tendinosis is a long-term problem.

Causes

What causes these tendons to swell and thicken? It happens over time when you do activities that repeatedly harm them. Peroneal tendinosis is more common in people who have high arches, and in those who have had a lot of ankle sprains. As the tendons become more and more damaged, they may tear. Your ankle may become unstable.

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. It can also turn into a constant, dull ache. The pain may keep you from doing the activities you want to do.

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.