



Peroneal Tendonitis

What is it?

Peroneal tendinitis is tendonitis of the Peroneal tendons on the outside of the ankle. It is usually precipitated by overuse with activities that cause repeated ankle motion, such as repeated running or jumping. The tendon does not have good blood supply, so this injury can be slow to heal, leading to chronic “tendinosis.” It often mimics lateral ankle sprains.

Acute Treatment:

I recommend a multi-disciplinary treatment approach for the fastest and safest return to activity.

- Modified rest - decrease jumping, running (especially hills)
- Cross train in meantime (ie: swimming, water running, Yoga, weight lifting)
- Topical anti-inflammatories (ie: Voltaren)
- Stretch hamstrings and calf
- Consider Walking boot for severe cases

Chronic Treatment:

- Walking Boot
- Physical therapy – eccentric exercises, neutral alignment
- Cortisone injections – caution due to potential tendon rupture
- Shockwave Therapy
- Orthobiologic injections – Prolotherapy or Platelet Rich Plasma (PRP) injections
- Surgery – rarely needed; required for severe cases unresponsive to non-operative treatment

