

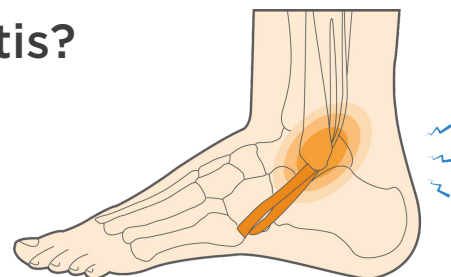
Peroneal Tendonitis

Your tendons are like ropes that connect your muscles to your bones and help your body move. When a tendon gets sore, we call it tendonitis. Peroneal tendonitis is when these ropes on the outside of your ankle and foot get sore. This can make it painful to move around.

Who is at risk of getting peroneal tendonitis?

Peroneal tendonitis is more common if you are:

- Active.
- Over 40 years old.
- Not stretching before you exercise.



What can cause peroneal tendonitis?

- Wearing shoes that are worn down or have poor support.
- Sudden injury such as an ankle sprain.

How is peroneal tendonitis diagnosed?

- Your doctor will look at your foot and ankle.
- Your doctor will do tests like x-rays, MRI, CT-scans, or ultrasounds.

What are my treatment options?

Bracing	An ankle brace can help support your ankle.
Casts	A soft cast or boot can keep your foot still.
Medicine	Aspirin, Tylenol, or Motrin can help with pain and swelling.

While at home try the RICE method:

- R- Rest the area for 48 hours.
- I- Ice for 20 minutes 4-8 times a day.
- C- Compress to help reduce swelling.
- E- Elevate (raise) your ankle above your chest.

If peroneal tendonitis doesn't get better, you might need surgery. Talk to your doctor about what treatment will work for you.

What happens if peroneal tendonitis is left untreated?

Peroneal tendonitis can lead to a tendon rupture which is when the tendon tears and leads to a lot more pain.



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