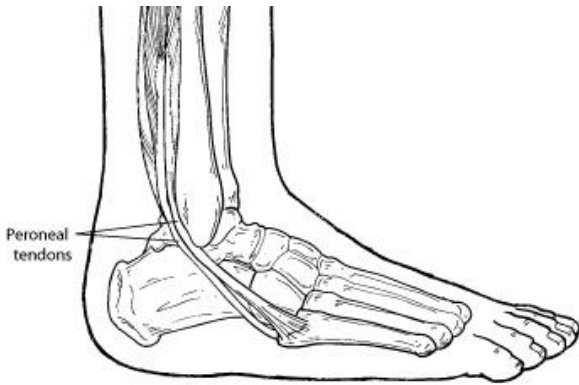


# Peroneal Tendinopathy



Peroneal tendinopathy is a condition that may cause pain, swelling, and stiffness of the tendon and outside of the foot. The pain can be worse when you first wake-up and aggravated with increased activity use such as running.

## What Causes It?

It is thought to relate to 'tiny injuries' (known as microtraumas) to the peroneal tendon. Over time these injuries can cause changes in the tendon. Severe pain and limited movement maybe a sign that you need to see your health practitioner urgently for assessment. Sometimes surgery may be indicated if rehabilitation cannot help your pain and instability.

## Non-Surgical (Conservative) Management

- Using supportive footwear with a fastening.
- Reducing activity levels to reduce pain.
- Exercise to strengthen your lower limbs.
- Cold pack for 20 minutes using skin protection.
- Pain relief including non-steroidal anti-inflammatory drugs (NSAIDs).
- Strapping or insoles to go inside your shoe (if required).
- High volume saline injections.

## What Exercises Can I Do?

The following exercises may help to relieve symptoms and should be used with a general strengthening programme to increase your muscular strength. These should not increase your pain. If they do, stop. Perform each exercise gently and slowly, only moving as far as feels comfortable. If you have used ice, allow 30 minutes before exercising.



### Inversion with Towel

Sit with straight leg.  
Loop a towel around your foot and hold the towel with both hands. Pull on the inside of the towel to turn it inwards, hold for 30 seconds

*REPEAT x 1 FREQUENCY: 1 x day*



### **Eversion with Band**

Attach a length of resistance band to a fixed object and loop around your foot. Starting with your foot turned in, turn your foot outwards against the resistance. Ensure only your foot moves and not your leg during the exercise. Slowly return to the start position and repeat.

*REPEAT x 10 - 12 FREQUENCY: 1 x day*

Exercise Illustrations: © TheRehabLab