

## What are the peroneal muscles?

There are 2 peroneal muscles – peroneal longus and peroneal brevis. They work by aiding with plantar flexion (downward movement) and eversion (outward movement) of the foot. The muscles run behind the fibula and run through a groove on the outside of the ankle behind the lateral malleoli.

## Causes of peroneal tendinopathy

The main cause of peroneal Tendinopathy is overuse. Sudden increase in activity levels, poor training techniques or inappropriate footwear can also contribute towards peroneal Tendinopathy.

An abnormal foot position, typically if the heel turns inwards or if you have a pes cavus (high arch) foot, there is an increased risk of making these muscles work harder.

Tightness or weakness in the calf muscles can lead to Tendinopathy.

Repeated inversion sprains which may damage the ligaments which support the outside of the foot may lead to weakness and instability which can place more strain upon the peroneal muscles.

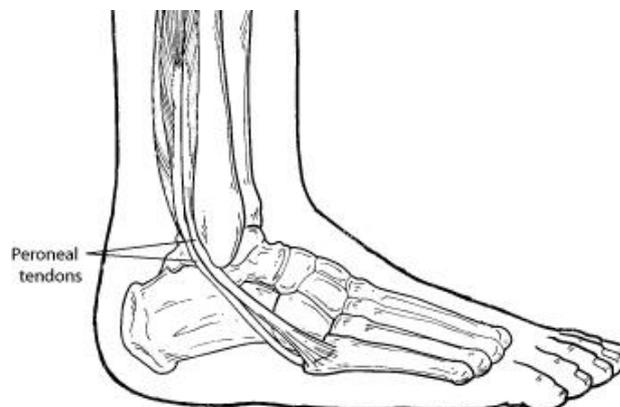
Runners who run more frequently on a slope (road running) or uneven surfaces may be more prone to damaging the peroneals due to excessive eversion.

## Symptoms of peroneal Tendinopathy

Peroneal Tendinopathy symptoms present with pain and tenderness around the outside and back of the foot and ankle.

The pain tends to worsen over gradually over weeks and months, symptoms worsen with activity and ease with rest.

## Treatment for peroneal Tendinopathy



It is essential to avoid activity that aggravates symptoms of peroneal Tendinopathy. PRICE is advised to help manage symptoms.

Regular strengthening and stretching exercises will help reduce tension and strain on the peroneal muscles. This will also aid in reducing re-occurrence.

Specialist orthoses to address foot mechanics and foot position may be prescribed to reduce strain on the muscles and increase stability around the ankle.

Footwear with appropriate fastening retainer and a more structured, firmer outer sole such as a running shoe is recommended to hold the foot in position.

Simple painkillers such as paracetamol can be used to dull the pain, but they do not cure the problem. Anti-inflammatories such as Ibuprofen can also be effective. It is best to consult your GP or pharmacist if you have not taken these before as these medications can have side effects.

Increase activity levels gradually rather than sudden increases in training levels. If you are a runner it is advised to run on flat, smooth surfaces to help avoid pain in the peroneals.

# Peroneal Tendinopathy Exercises

The following exercises are advised for peroneal tendinopathy. Each exercise should be done 3 times a day.



### Ankle Eversion

Sit on chair with affected foot pointing upwards

Slowly turn foot out away from centre of body

Repeat 15 times, 3x per day



### Eversion Resistance

Sit with knee straight. Wrap resistance band around ball of foot and tightly hold other end of band.

Slowly turn foot outwards against resistance. Repeat 15x, 3x per day



### Achilles Stretch

- Stand facing the wall with arms straight or bent
- Ensure that both feet are in a direct line to the wall, roll slightly onto the outside edge of your foot so that your heel bone is straight and your foot is not flat.
- Bend the front knee and keep the back knee straight. Make sure that the back heel is kept on the ground.
- You should feel the calf muscles in the back leg being stretched. Hold this position for 30 seconds, repeat 3 times and perform 2 times every day.
- You should feel the stretch but if it is painful, the exercises won't work. If painful, try not to put the back leg so far back. You should feel the calf muscles in the back leg being stretched.

Production date: 11 June 20  
Review date: August 2023  
Responsibility for review: Podiatry  
Leaflet reference: PIL/CG/0838  
Version: 1.0

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