

## What is it?

Stretching and inflammation of peroneal tendon, due to lateral rolling of the joint

## What causes it?

Over-pronation of the foot during running and jumping. Prior ankle injury leading to an incorrect path of travel for the tendons.

## Symptoms

Pain and tenderness along the tendons. Pain is most severe at the beginning of the activity and diminishes as the activity continues. Gradual increase in pain overtime.

## Top Tips

Ice, immobilise and use anti-inflammatories as soon as possible. Modify activities to prevent further irritation or increased severity

## How to treat it

Rest, especially from running or jumping activities. Ice. Anti-inflammatories.



## Rehab

Stretching of the calf muscles. Gradual reintroduction into activity. Identify and correct any foot or gait problems. Prevention requires strong, flexible muscles of the lower leg to support the foot and ankle.

## Definitions

**Tendonitis** - inflammation of a tendon

**Peroneal** - a pair of muscles located on the lateral side of the shin, down to the outside of the ankle.

**Tendon** - flexible, inelastic connective tissue attaching muscle to bone

**Pronation** - rolling inwards of a body part ie ankle

## Associated Conditions

- Ankle Sprain
- Posterior Tibial Tendinitis
- Peroneal Tendon Subluxation
- Osteochondritis Dissecans (Ankle)
- Ankle Supination
- Pronation
- Retrocalcaneal Bursitis
- Extensor and Flexor Tendinitis

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com