

Peroneal Tendon Subluxation

What is it?

A chronic condition that develops after a sprain or fracture

How to Treat it

RICER. Anti-inflammatories. Possible immobilisation, especially with acute dislocation

Symptoms

Pain and tenderness along the tendons. Popping or snapping sensation on the lateral side of the ankle. Swelling may be noted along the bottom of the fibula.

Top Tips

Ice and immobilise as soon as possible. Modify activities to prevent further irritation or increased severity

What causes it?

Tendon moves out of the groove in which it is supposed to sit due to damage to the structures designed to hold it in place. Tearing or stretching of the ligaments that support tendons, usually due to an ankle sprain or fracture. Repetitive stress to the tendons, causing inflammation and swelling.



Rehab

Strengthening of the muscles in the lower leg after pain subsides and normal function returns will help support the tendons. Strong calf and shin muscles will help support the whole foot and ankle, preventing this condition as well.

Definitions

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

Subluxation – partial dislocation

Sprain – a stretching or tearing of ligaments

Ligament – a short band of tough, flexible fibrous connective tissue which connects two bones or cartilages. Holds a joint together.

Fracture – a broken bone. Can be a hairline crack to a complete break.

Tendon – flexible, inelastic connective tissue attaching muscle to bone

Lateral – the outer side or border of an area

Associated Conditions

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

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