

Peroneal Tendonitis



Overview

This condition is an inflammation of one or both peroneal tendons, which travel down the lower leg, behind the lateral malleolus and along the outer side of the ankle.

Causes

Peroneal tendonitis results from overuse, and often affects athletes who run and jump. It can also be caused by a sprain or other injury to the ankle.

Symptoms

Symptoms typically include pain and swelling along the outer side of the ankle. Symptoms worsen with physical activity.

Treatment

Treatment options include rest, ice, immobilization of the ankle with a brace or cast, anti-inflammatory medications, physical therapy, and in severe cases, surgery.