

PERONEAL TENDON TEARS



Overview

This condition is a tearing 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 tendon tears can occur during athletic activities such as running or jumping that place stress on the ankle. They can also be caused by injuries such as falls or ankle sprains. Some tears can be due to normal wear and tear, caused by the tendon rubbing against the back of the fibula.

Symptoms

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

Treatment

Peroneal tendon tears are treated with surgery. Options may include tendon repair, tendon graft or a tenodesis, in which the torn tendon is anchored to a bone or a healthy tendon.