

## 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.