



Treatment Options for Peroneal Tendonitis

Outline of Treatment

Conservative treatments

These are methods that are fairly simple, inexpensive, and can be done on your own at home.

- Calf stretching, 3 sets of 30 seconds, both with a straight knee and a bent knee, 3 times per day.
- Eversion exercise with a resistance band: 200 repeats, taking breaks if needed and using a weak resistance band. Progress over time to doing the repeats without any breaks, and then start using a stronger resistance band. Be sure to do the exercise on both your injured and non-injured legs.
- Balance exercise progression: start with one minute of single-leg balance, and build as quickly as you can to 2.5 minutes of single-leg balancing on both sides. Once you can do this, add difficulty by doing directional body leans, closing your eyes, or using a wobble board.

Aggressive treatments

These are treatments with more cost and less certainty about outcomes, but may prove useful in recalcitrant cases.

- See a [podiatrist or an orthopedist](#) and ask about getting a custom orthotic. In the case of peroneal tendonitis, standard over-the-counter orthotics are probably not going to be very helpful because of the biomechanics of the injury.
- [Consider dry needling](#). Some runners find it works very well with peroneal tendon issues, and if you are desperate, it might be worth a try.
- See a physical therapist who is familiar with running injuries to ensure that you don't have any weakness, tightness, or gait abnormalities that are causing your tendon problems.
- If conservative treatments still aren't working after several weeks or months, see a trusted orthopedist so you can get an MRI to check for a tendon rupture or severe tendon damage and discuss the possibility of surgery.





When Can I Return to Running?

Avoiding running on the tendon while it's injured seems to be the right idea.

A 1994 case study describes a 49-year-old runner who suffered an acute rupture of the peroneus longus tendon in the middle of a ten-mile road race after running on chronic tendon pain for several months. This runner did recover and return to training, but only after surgery and a year of rehab! ¹¹

As with any injury, you should be gradual and patient in your return to running.

Research on Achilles and patellar tendonitis suggests that mild pain when returning to running is not a cause for major concern as long as the pain does not get progressively worse.¹²

This “pain monitoring” approach (which [Brad Beer talked about in a recent podcast interview](#)) has not been tested in injuries to the smaller tendons of the feet, however, so if you're in doubt, be cautious and wait for your tendon to heal before returning to full training.

The good news is that the peroneal tendons are not known to be particularly resistant to healing like the [posterior tibial tendon](#) or the plantar fascia, so with some patience and the right rehab program, you should be back to training soon.

And please do us a little favor and share this guide with others, for there's a good chance that it could be the guide they are looking for with this frustrating injury!

