

CHRONIC LATERAL ANKLE PAIN - OVERCROWDING DUE TO PERONEUS QUARTUS MUSCLE: A CASE REPORT

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INTRODUCTION:

The existence of peroneus quartus(PQ), an accessory muscle at the lateral aspect of the ankle has been well documented through cadaveric studies. Hecker in 1923 estimated about 13% of population has PQ(1), newer studies however shows up to 21.7% instead, which means every 1 in 5 of us may have the PQ(2). We report this case to create awareness of the significance of the PQ in lateral ankle pain.

CASE REPORT:

Ms.N, 52 year old lady, presented with 6 months history of right lateral ankle pain after insignificant strain on her ankle while walking down some stairs.

Physical examination revealed moderate posterolateral ankle fullness with tenderness, in an otherwise normal and stable ankle.

Ankle radiographs showed no abnormalities, NSAID's and physiotherapy availed no beneficial results even after 6 weeks. Ankle MRI done subsequently made apparent the presence of PQ.

Ms.N underwent surgical excision, a bulky muscle belly occupying the peroneal groove posterior to the fibula causing an overcrowding phenomenon was removed. Post-op 6 weeks, she was pain free.



Figure 1. yellow arrow depicting space occupied by PQ. Red Arrow depicting the belly of PQ being removed.

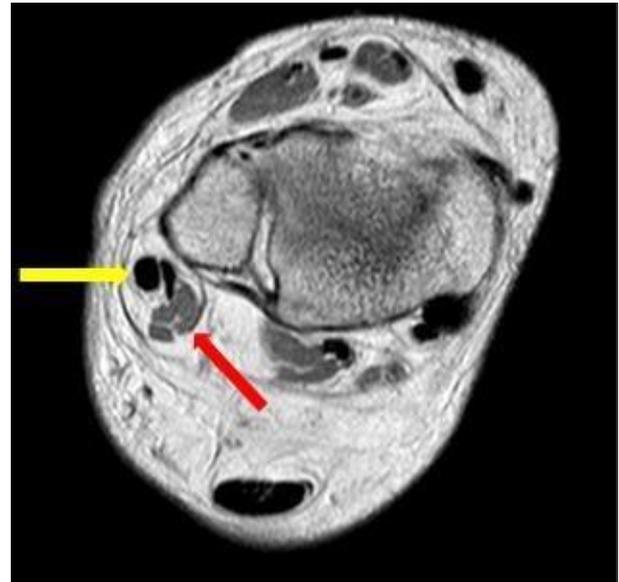


Figure 1. axial cut MRI image of right ankle. Red arrow showing PQ and yellow arrow showing the peroneus brevis and longus tendons.

CONCLUSION:

The peroneus quartus muscle exists in almost 1 in every 5 persons, can easily be identified from MRI evaluation(3). Hence its presence should be considered when investigating chronic lateral ankle pain or instability as surgical removal yields good outcome with complete resolution of pain.

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