

## Diagnosis Not To Be Missed : Peroneal Tendon Disorder

<sup>1</sup>Hilmi Hakim MHL, <sup>2</sup>Izzazrin Zahari, <sup>3</sup>Mohammed Harris A, <sup>4</sup>Gurmeet Singh

Orthopaedic Department Hospital Sebrang Jaya, Pulau Pinang

### INTRODUCTION:

Peroneal tendon disorders are an under-appreciated source of lateral hindfoot pain and dysfunction that can be difficult to distinguish from lateral ankle ligament injuries. There are three primary disorders of the tendons; tendonitis, subluxation, and tendon tears. These conditions causes lateral ankle pain and may lead to ankle instability. When left untreated, peroneal tendon disorders can lead to persistent lateral ankle pain and substantial functional problems.

### REPORT:

A 42 year old man with underlying cervical and lumbar spondylosis presented with complaint of left ankle pain and swelling since January 2023. He had history of motorvehicle accident on 27/6/2022 and was diagnosed with T1 spinous process fracture which was treated conservatively. Initially treated for ATFL injury with physiotherapy and analgesia. However, symptoms were not resolving thus MRI left ankle was done. MRI noted left peroneal tendonitis. After 6 months trial of non-operative treatment, patient underwent surgical intervention; exploration and debridement of left peroneal tendon.

Upon opening synovial sheath noted 1cc clear yellowish fluid. There was vertical tear of left peroneal brevis tendon measuring 8cm length from the tip of lateral malleolus with low lying brevis muscle belly. The left peroneus longus tendon intact and normal. Debridement done removing the low lying brevis muscle belly and tendon was repaired with prolene 4/0. Patient was discharged the next day with bootslab in eversion. At 3 months post operative, pain was much reduced.



**Figure 1:** Vertical Tear Left Peroneus Brevis Tendon



**Figure 2:** Post Repair Left Peroneus Brevis Tendon

### CONCLUSION:

Peroneal tendon injury should always be considered following chronic lateral retromalleolar pain. Surgeries are often required after failure of conservative treatment which can cause impaired walking, decreased sports performance, or chronic pain and muscle strain

### REFERENCES:

1. Davda K, Malhotra K, O'Donnell P, Singh D, Cullen N. Peroneal tendon disorders. EFORT Open Rev. 2017 Jun 22;2(6):281-292. doi: 10.1302/2058-5241.2.160047. PMID: 28736620; PMCID: PMC5508858