

Peroneal Tendon Dislocation With Concomitant Anterior Talo-Fibular Ligament Injury

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INTRODUCTION:

Ankle injuries are very common presentation of patient to emergency department and primary care center. Most of patients were treated as ligaments sprains. Peroneal tendon subluxation have same mechanism of injury and it is one of main causes of lateral ankle pain and instability. It is uncommon injury for both its acute and chronic forms. As it potentially missed during the acute phase, patient usually presented with chronic instability symptoms. MRI is best in establish diagnosis but a proper history and clinical assessment is mandatory. We hereby present a case report of peroneal tendon dislocation.

REPORT:

27 years old gentleman, History of sport injury. Complaint of chronic lateral ankle instability and recurrent snapping sensation at lateral aspect ankle that limit daily activities and sport performance. Clinical examination reveal effusion of ankle. Tenderness at ATFL and CFL insertion. Anterior drawer test of ankle was positive as well as demonstrable peroneal tendon subluxation anteriorly. MRI of ankle, show fluid collection surrounding peroneal tendon suggestive of peroneus peri-tenosynovitis.

He was diagnosed as ATFL injury and peroneal tendon dislocation. Patient underwent operation of arthroscopic debridement of left ankle, ATFL repair and superior peroneal retinaculum repair. Intraoperatively, findings of naked muscle belly with fibrosis at the peroneus longus and brevis tendon. Muscle debrided to deepen the tendon into the groove. Superior peroneal retinaculum repaired with Ethibond suture.

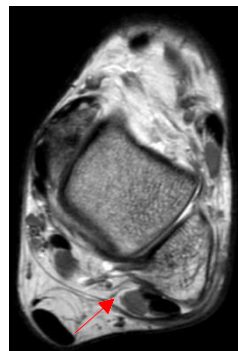


Figure 1: Axial MRI ankle. Red arrow show peri-tendon fluid collection



Figure 2: Repair of superior peroneal retinaculum

CONCLUSION:

Peroneal tendon subluxation and dislocation can be undiagnosed in early phase if injury. This pathology should be consider if patient presented with chronic pain and instability. Operative procdure is required for symptomatic chronic peroneal tendon dislocation.

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