

A Rare Case Of Longitudinal Tear Of Peroneal Brevis Tendon Causing Chronic Lateral Ankle Pain

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INTRODUCTION:

Chronic lateral ankle pain after a chronic ankle injury may pose a challenge in clinical diagnosis as the pathologies may coexist. We share our experience in managing a case of patient who present with chronic lateral ankle pain who was found to have longitudinal tear of peroneal brevis tendon and modality of tendon repair that was done for the patient.

REPORT:

We report a case of a 44 years old lady with history of inversion injury to ankle six months prior, complaining of recurrent episodes of lateral ankle pain and swelling. Clinical assessment revealed tenderness along the peroneal tendon. MRI of ankle revealed inflammatory changes over peroneal brevis tendon (Figure 1).

Patient opted for surgical intervention after failed physiotherapy. A curvilinear incision is made over the course of peroneal tendon. The superior peroneal retinaculum was incised and it was noticed to be thinned out. The peroneal tendons were identified and noticed that there was a single longitudinal tear over the peroneal brevis tendon measuring around 3cm in length. The section of the peroneal brevis tendon that was torn noted to be encasing and wraps around the peroneal longus tendon (Figure 2). The edges of the torn tendon are debrided and tubularization of tendon was done with running absorbable suture; prolene 4/0(Figure 2). The superficial peroneal tendon was repaired and augmented with fiber tape anchor system. The skin was closed in routine fashion. Patient was started on weight bearing ambulation at 6th week with walker boot, and started on daily range of motion exercises for the next 4 weeks.

Patient follow up at 3 months post operative shows significant reduction in pain over the lateral ankle and she is able to return to work and daily activities with no pain.

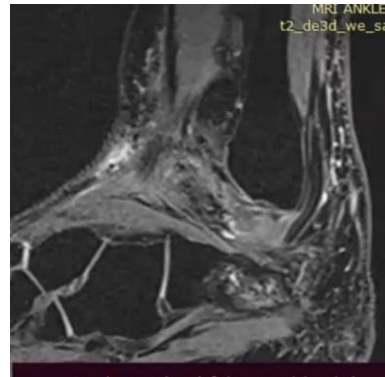


Figure 1: MRI ankle showing inflammation over peroneal tendon

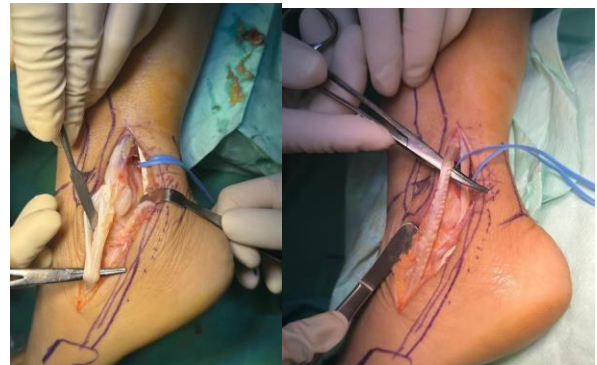


FIGURE 2: Intraoperative imaging showing the tear in peroneal brevis tendon and tubularization of the tendon

CONCLUSION:

Peroneal tendon tear can often be under recognized as a cause of chronic lateral ankle pain.

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