

Outline of Treatments for Peroneal Tendonitis

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
- Eversion exercise with a 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. 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.