NONSURGICAL ORTHOPEDICS — KEY WEST CONCIERGE ORTHOPEDICS

Peroneal Tendon Strain

Explanation of Diagnosis

A **peroneal tendon strain** occurs when the **peroneal tendons**, which run along the outside of the ankle, become **stretched, irritated, or torn** due to **overuse, repetitive ankle motion, or an ankle sprain**. Symptoms include **pain along the outer ankle, swelling, tenderness, weakness, and instability**. This condition is common in **runners, athletes, and individuals with high arches or ankle instability**.

Specific Work Modifications

- **Avoid prolonged standing, walking, or uneven surfaces**.
- **Wear supportive shoes with good lateral stability** to prevent further strain.
- **Use an ankle brace or compression sleeve** for added support.
- **Take sitting breaks** and elevate the foot if swelling occurs.
- **Modify tasks** to reduce excessive ankle motion and weight-bearing stress.

Specific Activity Modifications

- **Avoid high-impact activities** such as running, jumping, or cutting movements (e.g., tennis, basketball).
- **Modify workouts** by switching to **low-impact exercises** like swimming, cycling, or elliptical training.
- **Use ankle taping or bracing** when returning to sports.
- **Perform strengthening exercises** before resuming high-intensity activities.

Recommended Supplements

- **Collagen peptides (10 g daily)** - Supports tendon healing.
- **Vitamin C (500 mg daily)** - Aids in collagen synthesis.
- **Magnesium (300-400 mg daily)** - Helps with muscle relaxation and recovery.
- **Omega-3 fatty acids (1000 mg daily)** - Reduces inflammation and stiffness.
- **Turmeric (500 mg twice daily)** - Provides natural anti-inflammatory benefits.

Recommended Nutrition and Hydration

Diet Recommendations:

- **Anti-inflammatory foods**: Fatty fish (salmon, sardines), turmeric, berries, nuts, and leafy greens.

- **Collagen-boosting foods**: Bone broth, citrus fruits, and bell peppers.
- **Protein-rich foods**: Chicken, eggs, lentils, and dairy to support tendon repair.
- **Limit processed foods, sugar, and alcohol**, which can worsen inflammation.

Hydration Tips:

- **Drink at least 2-3 liters of water daily** to maintain tissue hydration.
- **Limit caffeine and alcohol**, which can slow healing.

Home Exercise Prescription

Perform **2-3 times daily** to improve ankle mobility and strengthen the peroneal tendons:

Phase 1: Early Recovery (Days 1-5, Reduce Pain & Swelling)

1. **Ankle Alphabet Exercise**
   - Use your toes to "write" the alphabet in the air.
   - **1-2 times daily.**
2. **Ice & Elevation**
   - Apply **ice for 15-20 minutes, 3-4 times daily** to reduce swelling.
3. **Ankle Pumps (Gentle Mobility)**
   - Move your foot **up and down** to maintain circulation.
   - **10 reps, 2-3 times daily.**

Phase 2: Strengthening & Stability (After Pain Improves, 1-2 Weeks In)

4. **Resistance Band Eversion (Strengthens Peroneal Tendons)**
   - Secure a **resistance band** around your foot and push the foot outward against the band.
   - **10 reps per side, 2-3 times daily.**
5. **Heel Raises**
   - Stand and slowly raise onto your toes, then lower.
   - **10 reps, 2 times daily.**
6. **Single-Leg Balance Exercise**
   - Stand on the affected foot for **15-30 seconds**, increasing time as tolerated.
   - **Repeat 2-3 times per leg.**

Phase 3: Return to Activity (After 2-3 Weeks, Once Pain is Minimal)

7. **Lateral Hops (Only If Pain-Free)**
   - Hop side to side on one foot to improve dynamic stability.
   - **10 reps, 2 times daily.**

8. **Heel-to-Toe Walk (Tightrope Walking)**

- Walk in a straight line, placing one foot directly in front of the other.
- **20 steps, 2 times daily.**

⚠ **Avoid running, jumping, or sudden lateral movements until fully healed (typically 4-6 weeks).**

Helpful Books

1. "*Rehab Science: How to Overcome Pain and Heal from Injury*" - Tom Walters, DPT
2. "*The Athlete's Guide to Ankle & Foot Injuries*" - Brian Shiple, DO

Contact Key West Concierge Orthopedics to reach out to Dr. Jason Pirozzolo or schedule a Concierge Care without the Concierge Fee™ appointment. Check out Nonsurgicalorthopedics.com and TopOrthoDocs.com to continue your research.