

DR JEFF LING MBBS BSc (Med) FRACS (Orth)
Adult and Paediatric Orthopaedic Surgeon
Specialising in the Foot and Ankle

Peroneal Tendinopathy

INTRODUCTION

The peroneal tendons are the primary evertors of the foot. They are also the secondary stabilisers of the ankle. Occasionally one or both peroneal tendons can experience a tear, and these occasionally require surgical repair. Additionally, the sheath that normally keeps the tendons in the groove behind the fibula, can sometimes tear resulting in chronic dislocation of the peroneal tendons. This sheath, called the superior peroneal retinaculum, often needs reconstruction in this setting.

THE PROCEDURE

There are a number of steps to be operation:

1. General anaesthetic
2. Local anaesthetic ankle block
3. Incision
4. Repair of peroneal tendon OR repair of superior peroneal retinaculum and groove deepening
5. Closure of wound
6. Plaster backslab

RISKS & COMPLICATIONS

Every surgical procedure carries some risk. These risks are largely uncommon and many are rare.

They include:

Wound infection

Anaesthetic complications

Drug allergy

Sensory nerve injury

Deep vein thrombosis

Recurrence of pain or problem

POST OPERATIVE PROTOCOL

You will stay 1 to 2 nights in hospital for observation and physiotherapy assessment

Weeks 0 - 2: non-weight-bearing in plaster backslab, anticoagulation

End of week 2: wound check, transition into a boot, commence partial weight-bearing 25% of weight for 1 week

Week 3: 25% partial weight-bearing

Week 4: Increase the amount of weight taken through the foot by 10% per day, should be fully weight-bearing at the end of this week, can be relieved of crutches at this point

Weeks 5 and 6: Full weightbearing in boot
Week 7: normal shoes, physiotherapy starts
Week 12 to 16: resume team training
Week 16 - 20: return to play/sport

PROBLEMS AND CONCERNS

If you have any queries or concerns, contact Dr. Ling's rooms on 9650 4782 between business hours. After hours or on weekends, if your matter is urgent, please present to the Emergency Department at Prince of Wales Hospital if you are an adult, or Sydney Children's Hospital if the patient is your child, and you will be seen by the Orthopaedic Registrar on call, who will contact Dr Ling directly