Comprehensive Physical Therapy Management of Peroneal Tendonitis with Associated Painful Os Peroneum Syndrome: A Case Report

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Purpose
Investigate a comprehensive plan of care (POC) for a 65-year-old woman with a combined diagnosis of peroneal tendonitis and POPS.

Foundation
- Os peroneum bone is located within the peroneus longus tendon and when it becomes irritated, it is defined as POPS.1,2
- Thirty-five percent of the population experiences peroneal tendonitis as some point in time.3
- There is little literature on POPS and peroneal tendonitis in an older population.

Description
- 65-year-old female who was a primary caretaker for an 80-year-old female.
- Primary complaints were pain over the lateral aspect of the foot and base of the 5th metatarsal during ambulation over even and uneven surfaces.
- Primary goals were to decrease pain, increase function and progress to an independent home exercise program.
- At initial evaluation (IE) the patient demonstrated range of motion (ROM) and strength deficits as well as a Trendelenburg gait pattern.

Interventions
Comprehensive PT POC targeted proximal and distal musculature with the goal to normalize the patient’s gait and reduce repetitive stress placed on the lateral foot and ankle.
Interventions included:
- Manual therapy such as soft tissue mobilization, dry needling with e-stim, joint mobilizations, and muscle energy techniques
- Strengthening of proximal and distal muscles, specifically the gluteus medius
- Single leg stance balance activities
- Gait training & orthotic management
- PT 2x/week for 17 weeks

Observations
- Pain on NPRS scale decreased from 6/10 to 0/10.
- Ankle ROM increased in all directions.
- Ankle and hip strength on the right side improved from 3+/5 to 5/5.
- Normalized gait pattern

Lower Extremity Functional Scale (LEFS) scores

Conclusions
- A comprehensive PT POC improved this patient’s strength and motor patterns of proximal and distal muscles.
- Previous case reports addressed the radiologic diagnosis and surgical management of POPS, whereas this case focused on the conservative management of POPS and peroneal tendonitis in a 65-year-old female.
- Future studies may consider investigating a comprehensive POC with a larger cohort of older individuals with peroneal tendonitis and POPS.

References & Acknowledgements
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4. SportTherapy. "Runner’s Exercises for the foot and ankle."