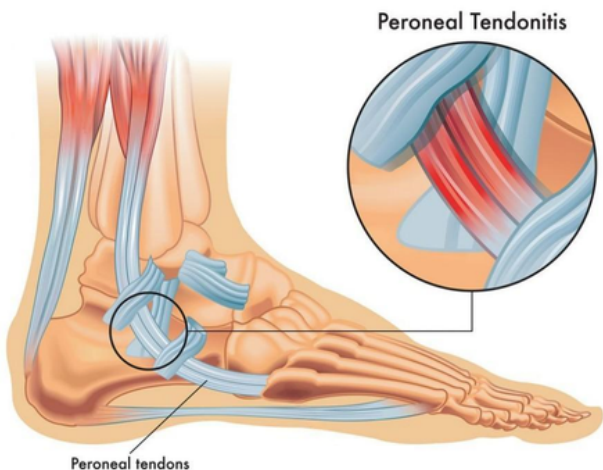


Insertional Peroneus Brevis Tendonitis

Pain to the outside of the foot

The peroneus brevis tendon plays an important role in stabilizing the ankle and limiting the foot from rolling outward. It attaches to the outer side of the foot at the base of the 5th metatarsal. This attachment site is commonly affected by tendonitis (tendon inflammation), and may present as a tender prominence.

Injuries in this area are often seen following ankle sprains and are more common with high arches.



Treatment focuses on supporting the outer edge of the foot to prevent the ankle from rolling inward. This helps reduce strain on the peroneus brevis tendon.

Custom orthotics with a lateral wedge provide targeted support.