Peroneal Tendoscopy: Use for Diagnosis and Treatment of Pathology

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Peroneal Tendon Pathology

Patients with chronic ankle instability:

- Peroneal tenosynovitis in up to 75% of patients
- Peroneal tendon tears in up to 28% of patients

- Peroneal tendoscopy may be used as a method of minimally invasive treatment and for clarifying MRI findings

May cause additional post-surgical scarring → Leading to further stenosis
Methods

• 10 patients included in this study

• Patients undergoing concomitant surgical procedures and with less than 12 month follow-up were excluded

• FAOS and SF-12 questionnaires administered pre-op and at follow-up

• Return to sporting activities calculated

• Intraoperative diagnosis compared to MRI findings
Intra-operative image showing groove deepening for the treatment of peroneus brevis subluxation.

A. Peroneal groove. B. Peroneus brevis
Results

- Mean follow-up time was 24 months
- Mean FAOS scores improved from 56 points to 88 points
- Mean SF-12 scores improved from 68 points to 84 points
- Peroneus brevis tears were found to be overdiagnosed on MRI
- Tendon stenosis was underdiagnosed on MRI

CONCLUSION

Peroneal tendoscopy may be an effective surgical procedure for treating pathology of the peroneal tendons
Thank you