

TREATMENT OF PERONEAL TENDINITIS

A. CONSERVATIVE TREATMENT

- Rest, Ice, BioFreeze
- Immobilization / Support
- Oral Anti Inflammatory Medications
- Cortisone Injections
- OTC Bracing
- Orthotic Control
- Custom Molded Bracing (Richie Brace)
- Physical Therapy

B. SURGICAL DEBRIDEMENT OF TENDON REMOVAL OF SCAR TISSUE & DRAINAGE OF INFLAMED FLUID

SURGICAL REPAIR OF TORN TENDON



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