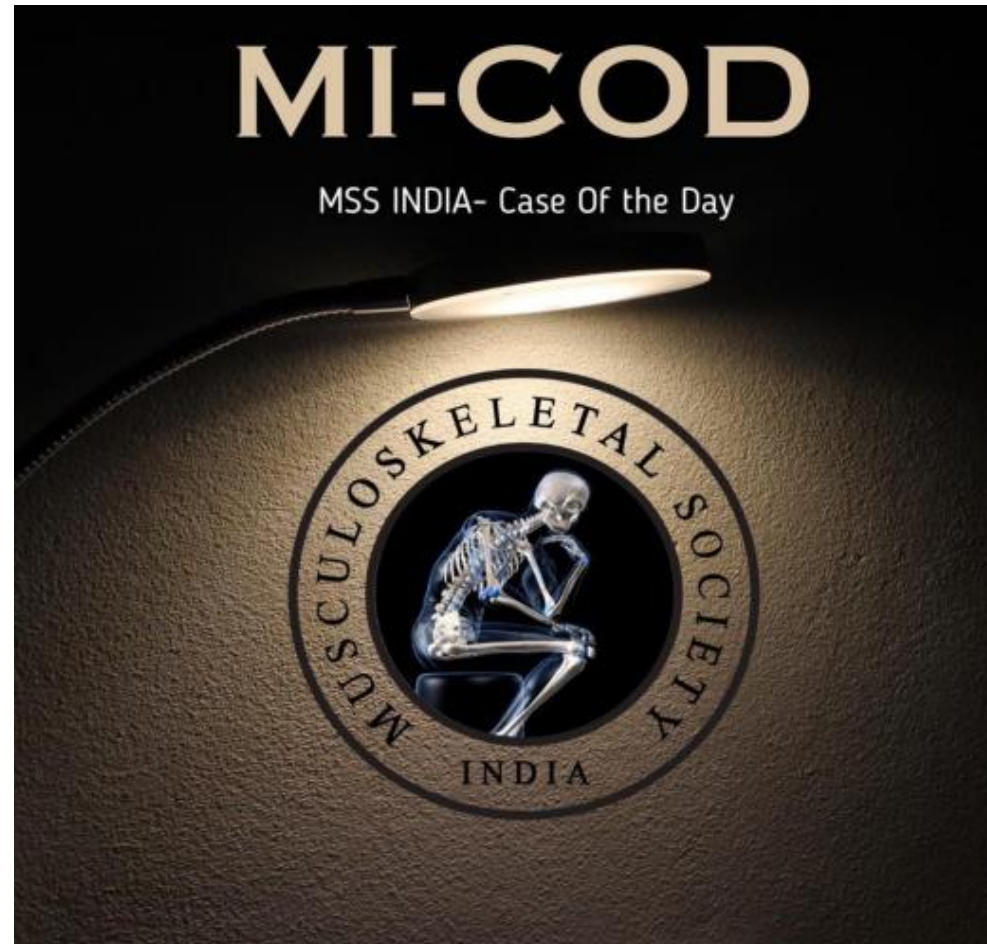


**MICOD 30/09/2023**  
**Case Courtesy: Dr. Joban Babhulkar**



30 y/o man, football injury 3  
months ago.

Persistent lateral ankle pain

# Short axis scan thru retromalleolar groove



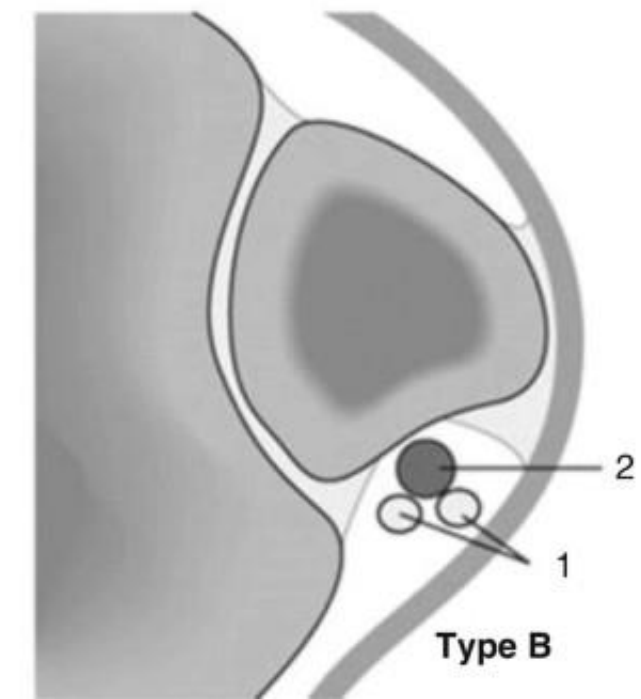
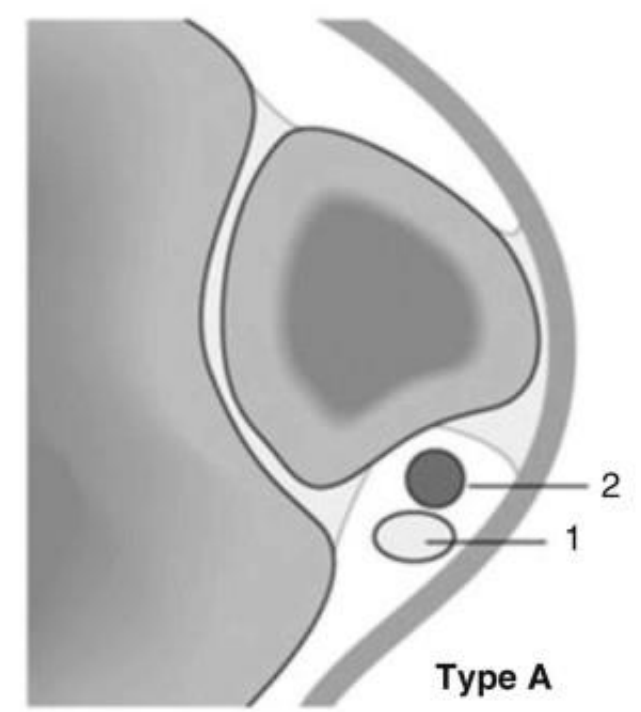
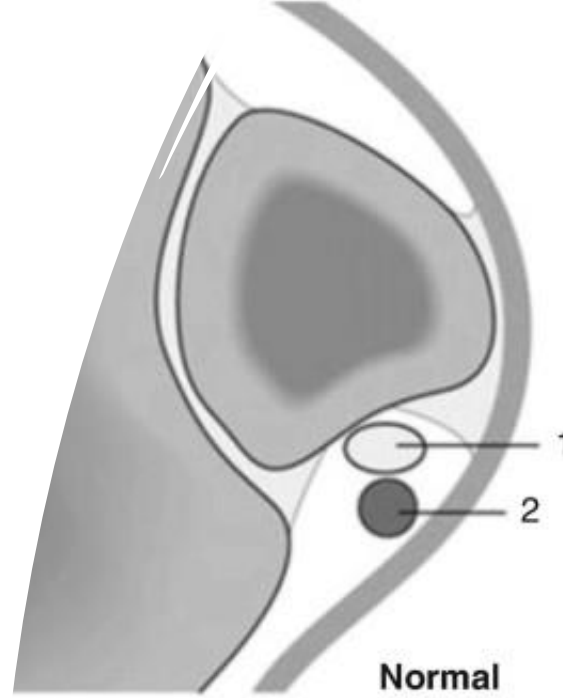
# Questions

- What is the type of injury to peroneal tendons ?
- Is it the superior or inferior peroneal retinaculum and is it torn ?
- What is the movement performed at the ankle to elicit this diagnosis?

This is **Type A**  
**intrasheath**  
peroneal tendon  
subluxation.

---

This is the superior  
peroneal  
retinaculum - **intact**



Classification of  
Peroneal tendon  
Intrasheath subluxation

Subluxation is elicited by active dorsiflexion and / or eversion of the ankle



# Treatment

- Can be conservative
- In athletes : peroneal groove deepening procedure with reefing of the superior peroneal retinaculum

