48 yo male

Pain on left ankle

h/o tendon repair on right ankle
(prior contralateral ankle MRI)
Bilateral Peroneus Quartus Muscles

Complete tears of both Peroneus longus tendons

Split tears of both Peroneus brevis tendons
Peroneus Quartus

Anatomy

Prevalence / Function

Related Disorders

Surgical Applications
Anatomy

• Origin
  – Peroneus brevis muscle

• Posteromedial course

• Insertion sites
  – Retrotrochlear eminence
  – Peroneal tubercle (?)
  – Cuboid
  – Peroneus longus tendon
  – Phalanx / Metatarsal 5th toe

Prevalence / Function

- First described by Otto (1816)
- 6.6% to 23% of the ankles
- Frequently bilateral
- Most common in males (2.5:1)
- Unique to humans and associated with bipedal gait
- Lifts lateral edge of the foot and stabilizes hindfoot pronation

Related Disorders

• Frequently asymptomatic

• Symptoms can arise spontaneously or following acute trauma

• May lead to crowding at the retromalleolar groove and stenosis of the lateral compartment

• Peroneal brevis tendon dislocation and tear 18% (Sobel 1990)

• Hypertrophy of the bone attachments may cause tenosynovitis

• Lateral ankle pain and instability