



# How To Tape For Trigger Points On The Peroneal Muscle

Dr. Alex Jimenez D.C.

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# The Peroneal Muscles On The Ankles

The ankles and the lower legs have a casual relationship by allowing movement to the foot that causes an up-and-down motion. The lower leg has various muscles and tendons that surround the shin bone and allows the feet to take the body from one location to another. The peroneal muscles in the legs allow ankle stability to ensure that the weight from the host's body doesn't cause overload to the legs and ankles. However, factors like obesity, trauma, or overexerting can cause the peroneal muscles to be inflamed and develop issues like weak ankles or trigger points that can cause referred pain to the ankles and affect how a person walks. Today, we examine the peroneal muscles, how weak ankles correlate with trigger points, and ways to strengthen the ankles while managing trigger points.



The peroneus brevis is one of the shorter peroneal muscles in the legs that go down to the ankles and provides assistance to allow eversion to the foot and plantarflexion to the ankles. This shorter muscle is important since the ankle joint is relatively mobile and needs stability from the surrounding ligaments and muscles. These two muscles work together for ankle stability when walking and positioning when the body is moving. Studies reveal that depending on a person's environment, the peroneal muscles allow support and stability to the ankle in various positions. A good example is if the foot is placed in a sloped position, the peroneal muscles and the surrounding ligaments help stabilize the ankle so it won't induce pain, causing the individual not to fall over.

A blurred background image showing a hand holding a foot, likely demonstrating a physical therapy or medical procedure. The image is out of focus, with a soft, pinkish-red color palette.

02

# Weak Ankles & Trigger Points

When factors like obesity, trauma, or injuries begin to affect the lower half of the body, it can cause instability in the legs and cause the surrounding muscles, tendons, and ligaments to be overstretched, take on more of an overload to the legs, or suffer from a muscle or tendon tear. These factors are associated with various issues that can invoke pain along with developing trigger points along the lower legs. When there are issues in the peroneal muscles, it can lead to muscle weakness in the ankles or "weak ankles," which causes instability in the body and causes the individual to sprain their ankles. Studies reveal that when the peroneal tendons have a tear in the lower extremities, it can lead to lateral ankle pain that is often missed when examined. However, to that point, if the incision has been left untreated, it can lead to persistent ankle pain, instability, and ankle dysfunction.

In "Myofascial Pain and Dysfunction," written by Dr. Janet G. Travell, M.D., stated that when individuals suffer from weak ankles or have an ankle sprain, active trigger points can cause pain and tenderness to the ankles and cause the person to become unstable. If left untreated, it can cause them to lose balance and have foot drop and ankle fractures to their foot. The book also mentioned that any ruptures in the tendons and muscles might cause lateral compartment syndrome. When there is instability in the ankles, many people resort to using mobility aids like a cane or a walker to be mobile to compensate for the function lost in their feet.



**03**

**Using K-Tape On  
The Peroneal  
Muscles**

Do you feel the pain from the bottom of your feet to your ankles? Does it hurt to walk around for a short period? Or have you sprained your ankle, and there is a dull ache when you try to rotate? Some ankle issues are associated with trigger points affecting the peroneal muscles. The peroneal muscles help the lower legs by allowing eversion to the foot and plantarflexion to the ankles. The two muscles that make up the peroneal muscles are the peroneus longus and the peroneus brevis, and they, along with the other tendons and ligaments, help with ankle stability. Since the ankle is a mobile joint, it can succumb to sprains, tears, and instability in the body, allowing trigger points to develop and causing even more issues. The great news is that there are ways to manage trigger points along the peroneal muscles and reduce ankle instability. The video above shows where the peroneal muscles are located on the leg, where the trigger points are, and how to use K-tape to help support the ankle and prevent more injuries on this moveable joint.





Regarding trigger points affecting the peroneal muscles, various treatments can reduce the symptoms causing pain in the calves. Many individuals use ice or heat pads on the affected muscle to relieve the tiny nodules. One of the ways that many individuals can utilize to continue with their daily activities is by using the K-tape on the peroneal muscles.

So depending on where the trigger points are in the peroneal muscles, it could also affect the fibularis. So we're going to anchor underneath the foot here. Then we will run the tape up and around the lateral malleolus and then along the belly of the peroneal. So we have the longus, the brevis, and the tertius is more through the front. So if you're looking at taping tertius, you'll need to have the tape come toward the front of the foot a little more. And then obviously tape across this area if you tap the extensor digitorum longus or the anterior tibialis by taping at the foot and applying it to the side of the lateral malleolus towards the peroneal muscle and smoothing it out.

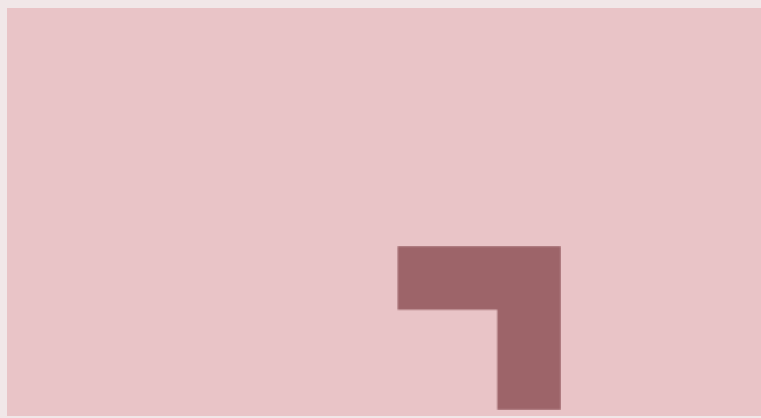
Now the trigger points are more toward the top of the peroneal, and remember that this muscle is really important when talking about lateral ankle sprains. So if we've rolled the ankle and damaged these lateral ligaments here, which is not ideal, it becomes a secondary problem with the peroneal longus. So they get this secondary pain, and trigger points will form along the muscles' bellies, which are very common when it affects the legs' brevis and the longus muscles. Even though there is pain along the foot's ligaments, the k-tape along the peroneal muscles can reduce the pain associated with trigger points. This will allow mobility and can provide relief back to the legs.



04

# Strengthening The Ankles & Managing Trigger Points

Instability in the ankles can be a bummer to many individuals that are on the move, but when it comes to treatment, it can prevent future injuries from re-occurring. Studies reveal that when pain specialists incorporate joint mobilization techniques and dry needling therapy into their patients, it can allow them to reduce the pain and disability to the ankles, thus managing the trigger points along the peroneal muscles. Another way many people can reduce pain in their peroneal muscles is by incorporating stretches and exercises to strengthen their ankles. This allows the peroneal muscles to be loose and gently stretched while slowly strengthening the ankles in a semi-lock position. When people utilize these techniques on their legs and ankles, it can bring mobility and stability back to the body without fear of falling or causing more issues in the ankles.



As one of the most mobile skeletal joints in the lower body, the ankles work together with the legs to provide mobility and stability to the body. The lower legs have various muscles, tendons, and ligaments that travel down and help support the legs and ankles. One of the muscles that provide that support is the peroneal muscle. The peroneal muscles consist of two muscles known as the peroneus longus and peroneus brevis help with eversion to the foot and allow plantarflexion to the ankle. When a person has sprained their ankle, it causes the peroneal muscle to become overstretched and develop trigger points. The great news is that trigger points are treatable, and various treatments can reduce pain in the affected muscle. This allows stability and mobility back to the ankles and improves the body's functionality.



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email: [coach@elpasofunctionalmedicine.com](mailto:coach@elpasofunctionalmedicine.com)

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