

The Safety and Efficacy of High Energy Extracorporeal Shock Wave **Therapy** in Active, Moderately Active, and Sedentary Patients with Chronic Plantar Fasciitis.[Article]

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Extracorporeal shock wave **therapy** was investigated in patients with chronic plantar fasciitis. Fifty-three patients (60 heels) were treated with a single session of shock wave **therapy**. Sixteen patients (19 heels) were active, 21 (22 heels) were moderately active, and 16 (19 heels) were sedentary. Twelve weeks post-treatment, mean visual analog scores improved from 9.2 to 2.4 ($P<.05$), RAND-Physical Functioning score improved from 40.4 to 91.5 ($P<.05$), and RAND-Pain score improved from 33.3 to 90 ($P<.05$). Fifty heels (83.3%) were assigned an excellent or good result. Extracorporeal shock wave **therapy** is an effective treatment for chronic plantar fasciitis.