

A Two Year Retrospective Review of the Effectiveness of Extracorporeal Shockwave Therapy for the Treatment of Chronic Plantar Fasciitis

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This study compares the results of surveys of patients who in 2003 had undergone ESWT for chronic plantar fasciitis. A post-operative survey was sent to 874 patients following ESWT, and in 2004 a follow-up survey was sent to the same patients who were treated in 2003 to see if the effects of the original treatment were effective over a longer period of time. Eighty-five percent of patients who rated their pre-treatment pain level as severe (>8) on a 1-10 pain scale, experienced sharp declines in their level of post-treatment pain in 2004, where sharp decline is considered to be a difference in pain level before and after the treatment of 3 or higher, ($p > [z] = .0000$; $z = 10.098$), compared to seventy percent in 2003 ($p > [z] = .0000$; $z = 12.627$). In addition, 87 percent of patients who rated their pre-treatment immobility as severe (>8) on a 1-10 scale, experienced sharp declines in their level of post-treatment immobility in 2004 ($p > [z] = .0000$; $z = 7.910$) compared to 66 percent in 2003 ($p > [z] = .0000$; $z = 9.004$). The differences in the percentage of people who experienced sharp decline in pain and immobility after treatment were statistically significant at the 1 percent level. A significantly higher percentage of respondents reported lower pain levels, increased mobility, fewer visits to physicians and other health professionals and took fewer medications in 2004 than in 2003.