

Plantar Fasciitis – Conservative & Surgical Therapy – Radial and Focused ESWT – Review of the Literature

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Shock waves are used to treat tendinopathies like plantar fasciitis since years. In the meantime radial pressure pulses are used for treatment aswell. The presentation gives a review of the literature of studies being performed according to GCP (randomized, double blinded, placebo controlled).

A review of 291 studies is presented using the National library of medicine 1985 – 2006 with keywords „plantar fasciitis“ & „heel spur“.

Six studies were found using ESWT, 1 study using radial pressure pulses that met GCP criteria. No investigation of other conservative treatment modalities showed any effect more than placebo. A comparison of the studies is difficult as different primary efficacy criteria and treatment parameters were used (Number of treatments and impulses, energy, use of local anesthesia.

ESWT is one of the best investigated tools in tendinopathies. The efficacy is more than placebo effect.