

# **The effectiveness of ESW for patients who failed surgical release of the plantar fascia**

## **Author:**

John A. Ogden, J. Jaakkola, SS. Williams, JG. Keating, TM. Ganey

## **Introduction:**

Patients who fail to respond to open or endoscopic plantar fascial release have limited (if any) additional treatment options. ESW is a potential treatment.

## **Methods:**

Twenty-nine patients who had continuing unacceptable levels of pain following surgical release of the plantar fascia were treated with multidirectional focused electrohydraulic shock waves. Visual analogue scores were recorded at baseline and three months after treatment for three pain parameters. At least a fifty percent reduction in the score for each category was required for success in that category, and at least 2 of 3 pain categories had to be a success for patient satisfaction.

## **Results:**

Outcome results were excellent in 7 patients, good in 12 patients, fair in 3 patients and poor in 7 patients. Patient satisfaction was evident in 19 patients (65.5%).

## **Conclusion:**

Electrohydraulic focused shock waves may offer patients who have failed surgery an option to alleviate continuing heel pain. However, the results are not as successful as they are in patients who have never undergone surgical release.