

# Plantar fasciitis: Treatment by extracorporeal shockwaves

## Author:

Paulo Roberto Pires Rockett (1),  
Ana Claudia de Souza (2),  
Paulo Roberto Dias dos Santos (3)

## Institution:

1) Ortosom - Praga Dom Feliciano, 78/801 - Porto Alegre - RS - Brazil  
2) Cortrel - Ataulfo de Paiva, 734 - Rio de Janeiro - RJ - Brazil  
3) Orthomaster - Av. Pacaembu, 1028 - Sao Paulo - SP - Brazil

## Device and producing company:

Reflectron- HMT

## Introduction:

To evaluate the safety and effectiveness ESWT in the treatment of plantar fasciitis in three Brazilian orthopedics centers.

## Methods:

From March 2001 to February 2006, 181 cases with chronic plantar fasciitis were treated. The age of the patients was between 25 and 90 years (average age = 54 years). There were 164 patients, 17 with bilateral treatment; 87 women and 77 men. Inclusion criteria: pain for at least 6 months, three months of unsuccessful conservative treatment and failed surgical procedure. The exclusion criteria were: inflammatory arthritis, corticosteroid injection within the previous 6 weeks, neurological abnormality, gout, malignant diseases, and blood coagulation disorders. The treatments were performed with an electrohydraulic device (REFLECTRON®). One treatment was performed on 163 cases, 14 underwent a second treatment and 4 cases underwent a third treatment. The subjects were evaluated by means of a clinical evaluation according to Roles and Maudsley score and Visual Analogue Scale analysis 45, 90 and 180 days after the end of the therapy.

## Results:

The study showed the efficacy of ESWT was excellent in 44.19%, good in 28.18%, acceptable in 10.5%, and poor in 17.13%, 180 days after ESWT.

## Discussion:

ESWT must be considered as an alternative in the treatment of plantar fasciitis which has been resistant to conventional procedures.

## Conclusion:

ESWT has the advantages of being non-invasive: no significant complications, lower operating costs, and eliminating the substantial potential risks as described in the literature of the traditional surgical procedures.