

# **Fasciitis plantaris - comparison between 3 devices**

## **Author:**

Paulo Kertzman, Jose Eid - Sao Paulo Brazil

## **Device and producing company:**

Epos Dornier, Orthima Direx, Dolorclast EMS

## **Introduction:**

During the last 6 years we have the opportunity to use 3 different devices for treatment of chronic fasciitis plantaris and this paper is about our results on 212 feet.

## **Methods:**

We had treated all patients without anaesthesia, the point of application is the medial insertion of the fascia on the heel and the direction of the waves was plantar. All patients received 3 sessions with 2000 shock waves with low and medium energy with one week interval.

## **Results:**

The evaluation was done with one, 3 and 6 months after the conclusion of the treatment. We use clinical aspect like pain when stand, walk and palpation the medial side of the heel . All of the 3 devices offer good and comparable results with 70 to 75% of good results.

## **Discussion:**

Unfortunately we work only in a private clinic with no possibility to develop a placebo group. We used Domier from 2000 to 2002, Direx from 2002 to 2004 and EMS from 2004 to 2006.

## **Conclusion:**

ESWT is effective for treatment of chronic plantar fasciitis independently of the device.