

Extracorporeal shockwave therapy in the treatment of plantar fasciitis: Report of 195 cases

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Device and producing company:

R&R Shockwave de Venezuela, Orthospec

Introduction:

Plantar fasciitis is characterized by pain in the heel and pain in the plantar fascia insertion of the calcaneus. As enthesopathy; it includes the development of degenerative changes in the fascia and the periosteum of the medium tubercle of the calcaneus. Treatment is very difficult and includes: NSAIDs, physio-therapy, orthotics and surgery, all of which have different results.

Methods:

An experimental study conducted at the Unidad de Traumatología y Extracorporeal Shockwave: R&R Shockwave Venezuela from February 2006 to February 2007: complete series of 154 patients with 195 heels. Patients received ESWT treatment with the ORTHOSPEC class IIA device; intensity: 0.04 and 0.16mJ/mm²; frequency: 120 to 196 impulses per minute. Initial clinical evaluation based on a visual analog scale (VAS) and the patient's satisfaction level. Clinical control: each group was evaluated every six weeks throughout the twelve-month study.

Results: An experimental study conducted at the Unidad de Traumatología y Extracorporeal Shockwave: R&R Shockwave Venezuela from February 2006 to February 2007: complete series of 154 patients with 195 heels. Patients received ESWT treatment with the ORTHOSPEC class IIA device; intensity: 0.04 and 0.16mJ/mm²; frequency: 120 to 196 impulses per minute. Initial clinical evaluation was based on a visual analog scale (VAS) and the patient's satisfaction level. Clinical control: each group was evaluated every six weeks throughout the twelve-month study.

Discussion: The differences between initial (VAS) and final (VAS) measurements differed in each group; the patients' satisfaction levels during the 12 months were very high.

Conclusion: The efficacy of this procedure makes it a safe and useful therapeutic option for this pathology