

rESWT in cases of "particular" plantar fasciitis

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Device and producing company:

MASTERPULS 200, Storz Medical

Introduction:

ESWT is proven as an efficient method for treatment of plantar fasciitis. The mean overall in all presented studies is up to 60% with no residual complaints and significantly better in up to 30% with 6 months follow-up. The following study presents experience in application of rESWT in some particular cases of plantar fasciitis, such as after a few childhood operations for talipes quinovarus (2 patients), patients with painful plantar scars after plantar lacerations (3 patients) and relapse after surgery with plantar fasciitis nodosa (2 patients).

Methods:

The treatment was performed with the Storz Masterpuls 200 device, R15 applicator, 5 procedures at weekly intervals, 6000 impulses at 2 bars and 15Hz over the painful area and another 2000 impulses with the same power over the entire plantar surface.

Results: We assessed the results following pain by Visual Analogue Scale (VAS) before each procedure and after three and six months. Our study presents the final results as follows: no pain ($VAS \leq 20$) in 5 patients (71%) and substantially improved ($VAS \leq 30$) in 1 patient (14%).

Discussion: The above mentioned results are similar to those officially presented by all other authors especially with regard to treatment of typical plantar fasciitis.

Conclusion: The high success, absence of any risks, and full patient satisfaction presented in our study, make rESWT the method of choice not only in typical plantar fasciitis cases but also in a few other particular cases regarding plantar fascia disturbances.