

Effectiveness of Shock Wave Therapy in Patients with Chronic Plantar Fasciitis

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Device and producing company:

Reflectron, HMT

Introduction:

Three Brazilian centres for shockwave therapy participated in a retrospective study to evaluate the effectiveness and safety of shockwave treatment in patients with chronic plantar fasciitis.

Methods:

The effects of the shock wave therapy were investigated in 285 patients (297 plantar fascias) over an 80-month period, from March 2001 to November 2007. Twelve patients received bilateral treatment. One hundred and fifty-four (154) women and 131 men were treated. The ages ranged from 25 to 90 years with average age of 54 years. Each patient was treated after receiving medial and lateral regional nerve block anaesthesia (posterior tibial and peroneal nerve) and, in some cases local anaesthesia, with 1200-1500 pulses of shockwaves at 20 mm of depth focus and 0.14 mJ/mm² of energy flux density. The results were analyzed 45, 90 and 180 days after the final treatment. The subjective analysis of pain was accomplished by visual analogical scale and clinical evaluation was performed in accordance with Roles and Maudsley Score.

Results:

One hundred and eighty (180) days after treatment the results were classified as: excellent in 50.2%; good in 26.6%; acceptable in 8.1% and poor in 15.1% of the patients. We did not observe any case of worsening of the initial complaints. No cases were recommended for surgery.

Discussion:

Extracorporeal shock wave therapy produces significant relief of pain and decreases physical incapacity produced by chronic plantar fasciitis.

Conclusion:

Shock wave therapy is a new safe treatment modality to treat patients with chronic plantar fasciitis that failed conservative treatment.