

# **ESWT in the Treatment of Plantar Fasciitis: follow-up at three years**

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## **Device and producing company:**

Piezoson 300, WOLF

## **Introduction:**

The efficacy of ESWT in orthopaedic disorders has been confirmed in many studies, including double blinded. The basic research studies have demonstrated that the application of ESWT produces a biological response in tissues. In this study we want to verify the efficacy and the safety of ESWT in the treatment of plantar fasciitis after three years.

## **Methods:**

Three years ago we treated 70 patients with plantar fasciitis. We checked them six months and three years after the treatment. The treatment was carried out using a WOLF Piezoson 300, a focused piezoelectric generator. Each patient received 4 applications, 2000 shocks/session, energy density 0.20 mJ/mm<sup>2</sup>.

## **Results:**

At three years follow up we have the same positive results we had in the short term and the degree of satisfaction of the patients was reported as excellent or good in 76%.

## **Discussion:**

The results of conservative treatment in plantar fasciitis are often poor and of short duration: in this study we demonstrate the longer lasting efficacy of ESWT in the treatment of this pathology that can be severe not only in terms of the prognosis but also for the quality of life.

## **Conclusion:**

The efficacy and the safety of ESWT in the treatment of plantar fasciitis and also its prolonged effectiveness make this therapy an alternative method of treatment for this pathology.