

# Two Year follow up: Ultrasound Measurements Post ESWT Plantar Fascia

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## **Purpose:**

To determine whether ESWT is effective in decreasing the thickness of the plantar fascia as measured by the ultrasound.

## **Introduction:**

Plantar fasciitis has exhibited hyaline degeneration ultrasound studies have shown thickening of the plantar fascia in patients with plantar fasciitis. This study attempts to determine whether ESWT alters the thickness of the plantar fascia.

## **Material and methods:**

30 patients were treated with ESWT at 18KV 1500 shocks. Pre and post ultrasounds were taken of a minimum of 1year later. VAS was also recorded.

## **Results:**

Minimum 1-year follow up shows that ESWT can decrease the plantar fascia thickness and VAS scores.

## **Conclusion:**

ESWT is effective in decreasing pain and plantar fasciitis thickness in patients with plantar fasciitis.