Extracorporeal Shockwave Treatment in the Management of Proximal Plantar Fasciitis

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INTRODUCTION:

Surgical and conservative treatment of proximal plantar fasciitis has been well described in the literature. Recently, in the United States, ESWT has been used on patients not responding to conservative care.

MATERIALS AND METHOD:

This is a retrospective study of patients who were treated conservatively for at least 6 months and failed to improve. This conservative treatment included, but was not limited to, stretching, icing, prefabricated or custom orthotics, NSAIDS, cortisone injections, and night splints. All patients received at least three different types of conservative treatment over a period of six months. All patients were evaluated pre and post treatment using a VAS pain score.

117 patients representing 169 feet with proximal plantar fasciitis were treated with ESWT (*). The follow-up was at 1 month, 3 month, 6 month, 12 month, 18 month and 24 month intervals. The mean age was 51.8 years. Following ESWT treatment there was a 65% decrease in pain after 6 months.

(Example: If a patient's pretreatment pain level was a 10 and they scored a 5 six months post treatment that would be a 50% improvement)

RESULTS:

Number of months post treatment	Number of patients	% Improvement
1	40	48
3	30	70
6	10	65
12	14	71
18	9	80
24	9	85

6% of the total number of patients treated with ESWT received little to no relief from the treatment.

CONCLUSION:

Patients with proximal plantar fasciitis can be successfully treated with Extracorporeal Shockwave Treatment to improve the symptoms of the disorder, therefore eliminating the need for any surgical intervention. Furthermore, it appears that patients continue to improve with time.

(*) Orbasone™ model