

Outcome of Corticosteroid Injections, Extracorporeal Shock Wave Therapy, and Radiofrequency Thermal Lesioning for Chronic Plantar Fasciitis

By: Erden, T (Erden, Tunay)^[1]; Toker, B (Toker, Berkin)^[1]; Cengiz, O (Cengiz, Omer)^[2]; Ince, B (Ince, Bugra)^[3]; Asci, S (Asci, Seyda)^[4]; Toprak, A (Toprak, Ali)^[5]

FOOT & ANKLE INTERNATIONAL

Article Number: 1071100720949469

DOI: 10.1177/1071100720949469

 Early Access: SEP 2020

Document Type: Article; Early Access

[View Journal Impact](#)

Abstract

Background: Chronic heel pain with plantar fasciitis is relatively common and can affect adults of all ages regardless of an active or sedentary lifestyle. The purpose of the present study was to evaluate the effectiveness of corticosteroid injection (CSI), extracorporeal shock wave therapy (ESWT), and radiofrequency thermal lesioning (RTL) treatments in chronic plantar heel pain that has been unresponsive to other conservative treatments. Methods: We retrospectively analyzed the results of 217 patients treated with CSI (n= 73), ESWT (n= 75), and RTL (n= 69). The treatment efficacy and pain intensity, as measured using the visual analog scale, were recorded and compared at the 6-month follow-up. Results: Pain intensity decreased significantly in all patients. However, it decreased significantly more in the CSI and RTL groups than in the ESWT group ($P < .001$). Age, sex, body mass index, calcaneal spur presence, and symptom duration were similar among 3 groups ($P > .05$). No complications were noted after the CSI, ESWT, or RTL sessions. Conclusion: CSI, ESWT, and RTL successfully treated chronic plantar heel pain that did not respond to other conservative treatments; however, CSI and RTL yielded better therapeutic outcomes.

Keywords

Author Keywords: corticosteroid injection; extracorporeal shock wave therapy; calcaneus; heel pain; plantar fasciitis; radiofrequency

KeyWords Plus: PERCUTANEOUS BIPOLAR RADIOFREQUENCY; MEDIAL CALCANEAL NERVE; HEEL PAIN; FOLLOW-UP; MODALITIES

Author Information

Reprint Address:

Acibadem Hospitals Group Acibadem Fulya Hosp, Sports Med Ctr, Dept Orthopaed & Traumatol, Hakki Yeten Cd 23, TR-34349 Istanbul, Turkey.

Corresponding Address: Erden, T (corresponding author)

+ Acibadem Fulya Hosp, Sports Med Ctr, Dept Orthopaed & Traumatol, Hakki Yeten Cd 23, TR-34349 Istanbul, Turkey.

Addresses:

+ [1] Acibadem Fulya Hosp, Dept Orthopaed & Traumatol, Istanbul, Turkey

[2] Istanbul Kartal Dr Lutfi Kirdar Educ & Res Hosp, Dept Orthopaed & Traumatol, Istanbul, Turkey

+ [3] Bezmialem Vakif Univ, Dept Physiotherapy & Rehabil, Fac Med, Istanbul, Turkey

+ [4] **Gelisim Univ**, Vocat Sch Hlth Serv, Istanbul, Turkey

+ [5] Bezmialem Vakif Univ, Dept Biostat & Med Informat, Fac Med, Istanbul, Turkey

E-mail Addresses: doktorerden@hotmail.com

Publisher

SAGE PUBLICATIONS INC, 2455 TELLER RD, THOUSAND OAKS, CA 91320 USA

Categories / Classification

Research Areas: Orthopedics

Web of Science Categories: Orthopedics

Document Information

Language: English

Accession Number: WOS:000566168900001

PubMed ID: 32880199

ISSN: 1071-1007

eISSN: 1944-7876