

PLANTAR FASCITIS

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Plantar fasciitis is the most common cause of pain at the weight-bearing surface of the heel, and may coexist with other sources of heel pain. This has led to a confusing array of treatment strategies, including surgery.

Plantar fasciitis is a term first used by Wood in 1812. It is subcalcaneal pain. CAUSES are quite numerous, these include: **Microtrauma, microfracture and stress fracture, obesity & overweight, degenerative changes, bursa, secondary nerve involvement, systemic diseases, tarsal tunnel syndrome, calcaneal spur.**

Demographics - It is more common after the age of 40, mainly affecting women: females 3:1, 70% unilateral, and almost 50% have "spurs".

Almost 20% of foot pain is due to plantar fasciitis.

Diagnosis - Determined easily by history and physical exam: Sonography, two-phase bone scan, non essential x-ray and electrodiagnostic studies, whilst can be considered useful the technetium bone scan.

Treatment - Personally, I prefer a conservative therapy, amongst which: rear foot orthosis, ripple sole shoes.

Medications - with analgesic plasters.

Physical therapy - If very painful, injections with a local anesthetic associated to stretching exercise and to **radial shock wave therapy** (which we have just started using). I believe that this is an effective therapy, especially for the painful symptomatology, because it seems to be exploiting action mechanism of the gate control theory.