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**Successful Therapy of Painful Fasciitis Plantaris  
by Radial Extracorporeal Shock Waves:  
A Prospective, Multi-Centric and Placebo-  
Controlled Study**

*Straub T, Penninger E, Frölich T, Lohrer H, Schöll J,  
Diesch R, Haupt G*

*Orthopaedic Private Cabinet Dingolfing and  
Multicenter Study Group "Radial ESWT"*

Extracorporeal shock waves are an effective treatment option for the therapy of painful fasciitis plantaris (with or without heel spur). The issue of reimbursement is still a subject of controversial discussion. We developed a new radial shock wave device which helps to reduce the costs of this procedure significantly.

**Methodology:** 100 patients were admitted in a prospective, randomised, multi-centric and simple-blind study. The radial extracorporeal shock wave therapy was compared to a sham treatment as a placebo measure. The prerequisite was a case history lasting over 6 months and at least 2 unsuccessful conservative therapy attempts. After a detailed initial examination, up to 3 shock wave treatments were applied. Follow-up at 1, 4 and 12 weeks included findings of physical examination, functional tests, score evaluations and patient's self-assessment.

**Results:** Good results were achieved by 74%, 88% and 82% of the patients after 1, 4 and 12 weeks in the treatment group whereas the values in the placebo group were 44%, 36% and 38%, respectively.

**Conclusion:** Radial extracorporeal shock wave therapy was by far superior to the sham treatment over the observation period and is comparable to conventional shock wave therapy. This new method is not only non-invasive, but considerably less expensive.