

Plantar fasciitis

Fasciotomy

Hælspore



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SØGESTRENG

extracorporeal shock wave therapy AND plantar fasciitis

240 hit

1997-2022

Udvalgt systematiske reviews og meta-analyser 10år tilbage

RSW & FSW

Shock-wave therapy improved outcome with plantar fasciitis: a meta-analysis of randomized controlled trials

Hui Li¹ · Yuan Xiong¹ · Wu Zhou¹ · Yi Liu¹ · Jing Liu¹ · Hang Xue¹ · Liangcong Hu¹ · Adriana C. Panayi² · Bobin Mi¹ · Guohui Liu¹

Ingen effekt sammenlignet med ultralyd - dog effekt men studier af lav kvalitet fra 2007-2016

Extracorporeal Shock Wave Therapy Is Effective In Treating Chronic Plantar Fasciitis: A Meta-analysis of RCTs

Adeel Aqil MRCS, Muhammad R. S. Siddiqui MRCS,
Matthew Solan FRCS, David J. Redfern FRCS,
Vivek Gulati MRCS, Justin P. Cobb FRCS

Stærk anbefaling for brug af ESWT - bedring op til 12m

Extracorporeal shock wave therapy is effective in treating chronic plantar fasciitis

A meta-analysis of RCTs

Jiale Sun, MD^a, Fuqiang Gao, MD^b, Yanhua Wang, MD^c, Wei Sun, MD^{b,*}, Baoguo Jiang, MD^{c,*}, Zirong Li, MD^b

Overlegen effekt af både fESWT og rESWT fremfor placebo

Comparative effectiveness of extracorporeal shock wave, ultrasound, low-level laser therapy, noninvasive interactive neurostimulation, and pulsed radiofrequency treatment for treating plantar fasciitis

A systematic review and network meta-analysis

Xian Li, Medical Master^a, Li Zhang, Medical Master^b, Shuming Gu, Medical Doctor^a, Jianfeng Sun, Medical Bachelor^a, Zongshi Qin, Medical Master^c, Jiaji Yue, Medical Master^d, Yu Zhong, PhD^e, Ning Ding, Medical Master^b, Rui Gao, Medical Doctor^{f,*}

Overlegen for lav FSW og RSW.

Generelt samme billede at ESWT er bedre end andre modaliteter mest placebo

Comparison of extracorporeal shock wave therapy with custom foot orthotics in plantar fasciitis treatment: A prospective randomized one-year follow-up study

Sibel Çağlar Okur¹, Abdulkadir Aydın²

Ingen forskel på grupperne. Brugt rESWT

Ultrasonography and clinical outcome comparison of extracorporeal shock wave therapy and corticosteroid injections for chronic plantar fasciitis: A randomized controlled trial

Efter 4 uger samme for de to grupper men efter 12 uger var
ESWT gruppe bedre på VAS
Postulerer at hvis der er bedring på scanning er der bedre
chance for mindre smerte

Dry Needling sammen med ESWT (RSW)
(TrP triceps surae)

| | Group 1 (ESWT) Mean ± SD | Group 2 (ESWT+DN) Mean ± SD | <i>p</i> ₁ Value |
|-----------------------------|-----------------------------|--------------------------------|-----------------------------|
| MorningVAS 1 | 8.5 ± 1.32 | 9 ± 1.03 | .189 |
| MorningVAS 2 | 4.3 ± 1.08 | 2.9 ± 0.55 | <.001* |
| | <.001* | <.001* | |
| ActivityVAS 1 | 7.85 ± 1.53 | 8.65 ± 1.14 | .068 |
| ActivityVAS 2 | 4.4 ± 0.88 | 2.5 ± 0.51 | <.001* |
| <i>p</i> ₂ Value | <.001* | <.001* | |
| RestingVAS 1 | 7.9 ± 2.05 | 8.65 ± 1.31 | .176 |
| Resting VAS 2 | 4.15 ± 1.14 | 2.5 ± 0.51 | <.001* |
| <i>p</i> ₂ Value | <.001* | <.001* | |

Protokol

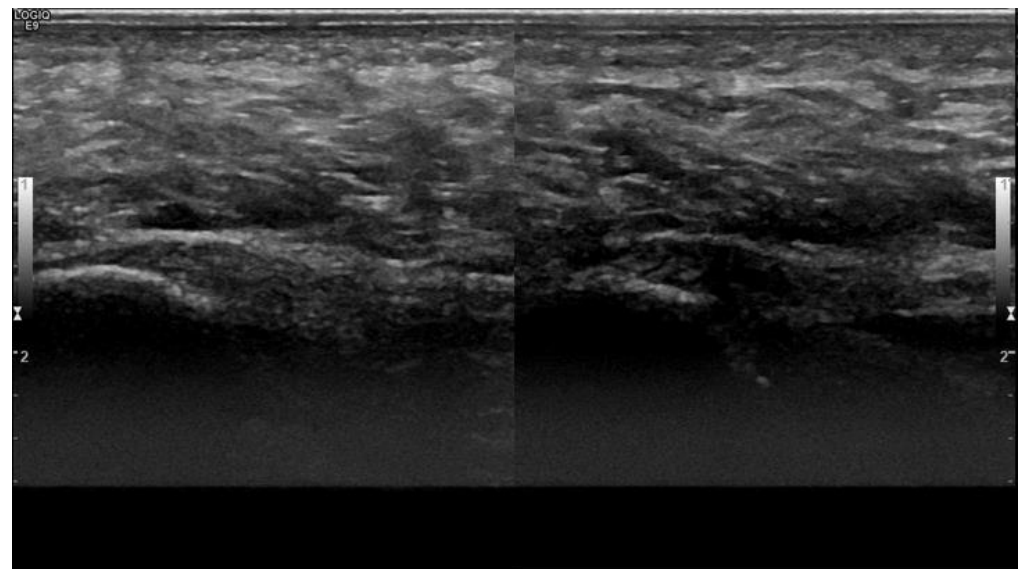
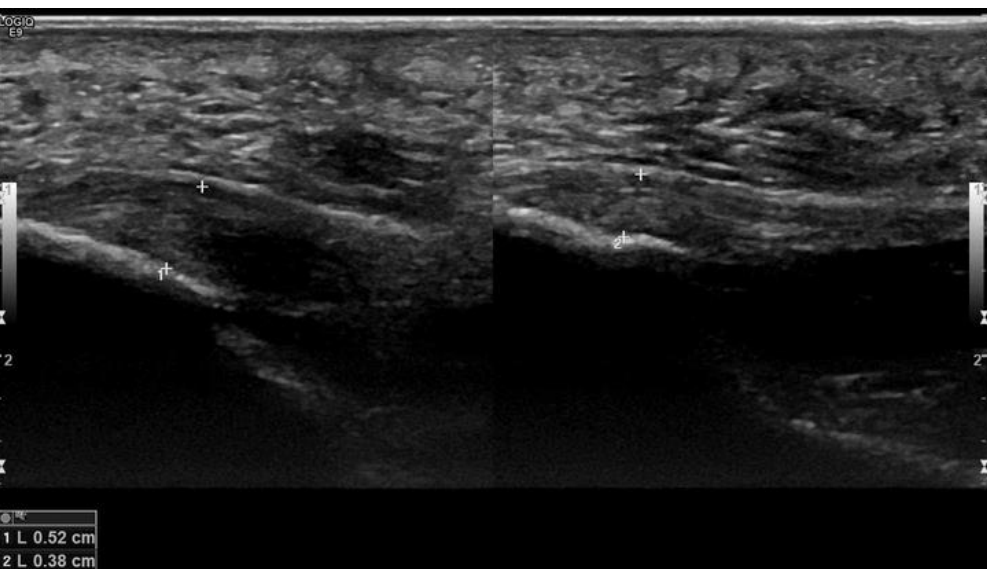
Ultralydsscanning

ESWT

Management

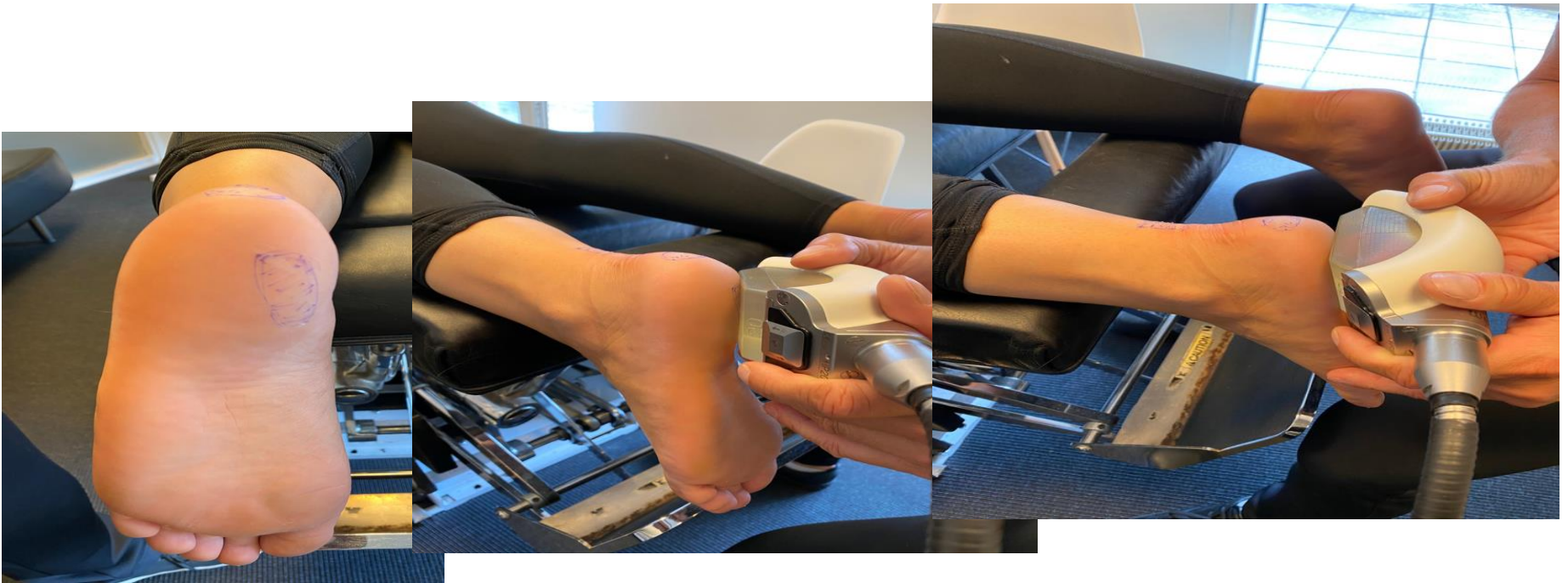


ULTRALYD



Prognostisk kan det give et bedre billede af forventninger til behandling

Applikation



PROTOKOL



ESWT

Vurdering af forløb ifht scanning og anamnese

Fokus afhænger af dybde.

fESWT/rESWT

Dosis: **0.12-0.25mj/mm² / 3.5bar** (0.02-
0.4mj/mm²/2-5bar)

500-2000skud/behandling (500-4000skud)

Frekvens: **højeste muligt** (3-8) - Narin et al

Behandlinger: **3-6+**

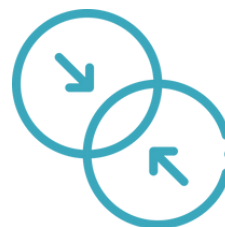
[Bar til mj/mm²](#)

shockwavetherapy.education/index.php/theory/types-of-shockwave
<http://shockwavefored.blogspot.com/2019/03/more-on-strength-settings-bars-mj-and.html>

ØVRIGE TILTAG



Laser/ultralyd



Kombinationer



Fodtøj



Indlæg



Taping



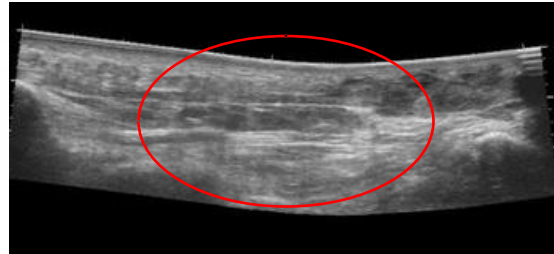
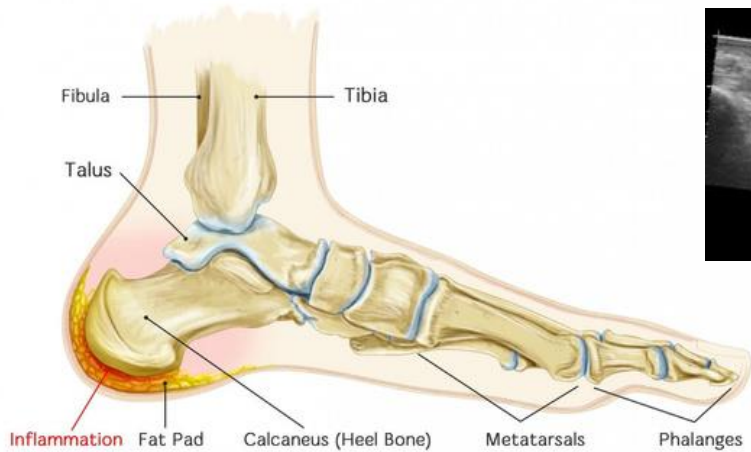
Kirurgi - 10% er resistente for behandling (*Sun et al*)

DIFFERENTIAL DIAGNOSER

Heel Fat Pad

Fibromatosis

Stress fraktur



Entesit?

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**Tak for
opmærksomheden**
