

The effect of shock wave therapy on pain relief in patients with plantar fasciitis referred to Fatemi hospital

Abstract

Background and Objective: Plantar fasciitis is the most common cause of heel pain. In the United States, nearly two million people are treated for this problem each year. Given the importance of this issue and the lack of similar studies in this area at the provincial level, the aim of this study was to evaluate the effect of shock wave therapy in patients with plantar fasciitis.

Methods: Eighty patients referred to the orthopedic clinic with plantar fasciitis were enrolled in the study. Relevant demographic questionnaires including age, gender, height, weight, place of residence, education, etc. were completed before the study. Group A was treated with shockwave (ESWD) and naproxen tablets, and group B was treated with naproxen tablets as control group. In order to determine the effect of interventions, improvement of pain symptoms was the criterion. Pain level questionnaire before and 4 and 8 weeks after the intervention was used for this purpose. Finally, the treatment outcome was compared at 4 and 8 weeks after treatment.

Results: The mean age of the shockwave + NSAID was 48.07 with a standard deviation of 10.74 and the mean age of NSAID was 50.95 with a standard deviation of 9.86. The mean age of the patients was 49.51 with a standard deviation of 10.34. 19 men and 61 women were included in the study. The mean age of the men was 50.47 and 49.21 for women. In the case of body mass index, the mean BMI was 26.9 in men and 26.7 in women. Statistical analysis showed no significant difference between the two groups. About 59 residents lived in the city and 21 in the village

Conclusion: The present study showed that Shockwave + NSAID and NSAID + alone were effective in improving the disease, but the efficacy of NSAID + was more effective.

Keywords Plantar fasciitis, Shock wave, NSAID, Naproxen