

Extracorporeal shock wave therapy of Gastrosoleus trigger points in patients with plantar fasciitis. A randomized, placebo-controlled trial

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Abstract

Introduction: Plantar fasciitis is one of the most common causes of heel pain. There are studies about the effectiveness of extracorporeal shock wave therapy (ESWT) in the treatment of plantar fasciitis, but there is lack of study demonstrating the efficacy of ESWT of gastrosoleus trigger points on it. This study evaluates effectiveness of ESWT of gastrosoleus trigger points in patients with plantar fasciitis.

Materials and Methods: This prospective, double-blind, placebo controlled clinical trial study was performed among 40 patients with plantar fasciitis. Patients randomly treated with ESWT in 2 groups: Case group received ESWT (3000 shock waves/session of 0.2 mJ/mm²) for heel region and (400 shock waves/session of 0.2 mJ/mm² per each trigger point) for gastrosoleus trigger points, and the control group was treated by ESWT (3000 shock waves/session of 0.2 mJ/mm²) just for heel region, both in 3 sessions at weekly intervals. The pain score (100mm Visual Analogue Score [VAS]) was evaluated before first session and 8 weeks after last session.