

Case Report: Treatment of Right Plantar Fasciitis

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Patient History

A 42-year-old female was initially seen in the office in October 2016. At that time, she was complaining of pain underneath the right foot that began 1-1/2 years prior. She was training for a 5K race and noticed the pain after changing her running shoes. The pain was described as sharp and shooting pain that worsened when she was climbing stairs. The pain was greatest upon returning to activity after periods of inactivity. She had treated this with stretching, anti-inflammatory medications and rest. The pain had not resolved. Her pain was rated as 4 out of 10 at rest, but this increased with activity.

Examination

On examination, she had pain with palpation over the medial border of the calcaneus on the plantar surface of the right foot. There was also some pain along the plantar fascia. Pain was also increased with resisted dorsiflexion. An MRI was ordered of the right foot.

Treatment

She underwent a percutaneous tenotomy using the TenJet device. The entire anesthesia time was 15 minutes for the case, and general IV anesthesia using Propofol was utilized. During the procedure, a small puncture was made with an 11 blade on the medial aspect of the right heel. The ultrasound was used to confirm there was a hypoechoic area near the origin of the plantar fascia. Approximately 25% of the tendon was penetrated with the TenJet device. About 50% of the tissue appeared to be diseased. The procedure was performed with the HydroCision HydroSurgery console at setting 7 for approximately 3-4 minutes. After the device was removed, a Steri-Strip was placed over the puncture site along with an op-site dressing and Ace bandage. The patient was placed in a boot prior to discharge from the hospital.

Post Operative Care

Patient was maintained in the walking boot for 2 weeks prior to returning to her own footwear. She was off work for 2 days following her procedure. She returned the next week to her job as a nurse.

Follow Up

She followed up at 1 month, stating she was 75-80% improved. By 3 months, she was over 90% improved. At 6 months, she reports being 100% improved. She started running again at the beginning of the third month. She felt like she was able to walk and do her job much easier a few days postoperative, but she wanted to wait to try running so as not to re-injure herself.

Post Operative Imaging

The ultrasound performed approximately 6 months post-procedure demonstrated decreased hypoechoic findings on the plantar fascia.

Conclusion

The patient was very satisfied with her procedure and the improvement she has shown postoperatively. She is considering the right timing for addressing her left foot, which has recently started bothering her. She definitely plans to use the TenJet technology.