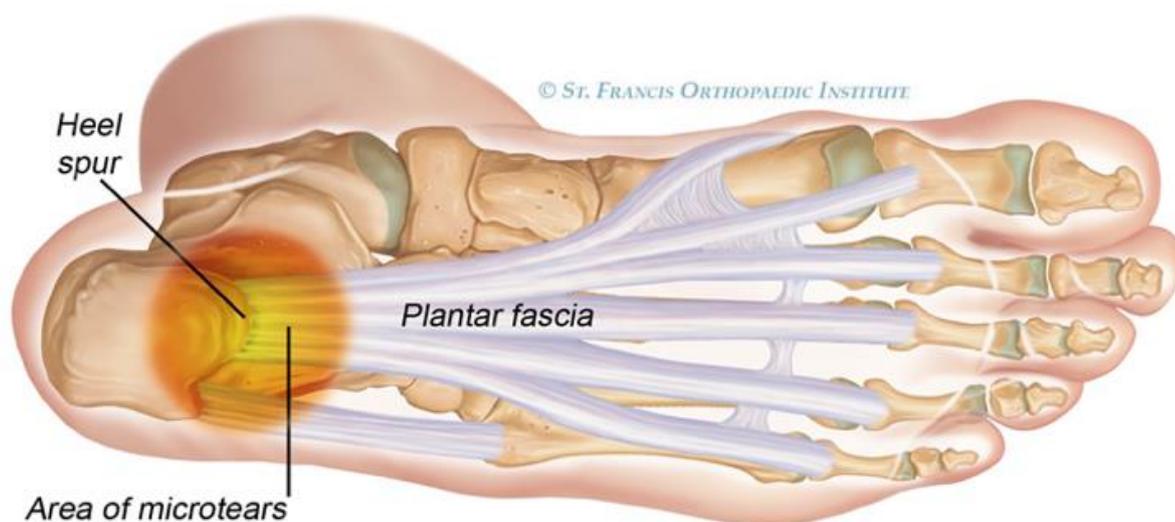


Patient information

Extra-corporeal Shock Wave Therapy (ESWT) for plantar fasciitis / heel pain



Plantar fasciitis / heel pain

Plantar fasciitis means inflammation of your plantar fascia. Your plantar fascia is a strong band of tissue that stretches from your heel to your toes. It supports the arch of your foot and also acts as a shock-absorber in your foot.

What causes plantar fasciitis?

Repeated small injuries to the fascia (with or without inflammation) are thought to be the cause of plantar fasciitis. The injury is commonly located near to where the plantar fascia attaches to your heel bone.

Treatments for plantar fasciitis

- **Foot stretches:** Cross the affected leg over the other leg. Place the fingers across the ball of the toes; pull the toes towards the shin until a stretch is felt in the arch. Hold the stretch for 30 seconds. Repeat this three times a day.
- **Ice:** Fill a plastic bottle with cold water, keep this in the fridge with a label that says 'foot only'. Place the bottle on the floor and use the sole of the foot to roll the bottle back and forth. Repeat five times a day.
- **Calf stretches:** Stand in a walking position with the leg stretched behind you. Hold onto something secure. Bend the leg to be stretched and let the weight of your body stretch your calf without lifting the heel off the floor. Hold for 30 seconds then relax. Repeat five times.

Orthopaedic Lithotripsy or Extra-corporeal Shock Wave Therapy (ESWT)



Extra-corporeal Shock Wave Therapy (ESWT) is provided to West Suffolk NHS Trust by Core Medical Solutions® (CMS). CMS visit the Trust site every two weeks to provide the service from within a mobile treatment unit.

What is Orthopaedic Lithotripsy?

Orthopaedic Lithotripsy or Extra-corporeal Shock Wave Therapy (ESWT) is a non-invasive procedure for the treatment of:

- Plantar fasciitis
- Achilles tendonitis
- Tennis elbow
- Heel spurs
- Trochanteric bursitis
- Trigger point pain and much more

Orthopaedic Lithotripsy is carried out within a clinic setting and requires no injections or medication and provides an alternative to surgery.

Why choose Core Medical Solutions®

Core Medical Solutions® is one of the leading Lithotripsy services in the UK.

Core Medical Solutions® provides NHS Trusts with high quality specialist Lithotripsy treatment and are strictly reviewed by the Care Quality Commission.

All treatments will be carried out by a Health Care Professions Council (HCPC) registered Allied Health Care Professional, with a minimum requirement of a BSc

(honours) degree in Diagnostic Radiography and registration with the Society of Radiographers.

How long does the treatment take?

A normal session lasts 10 minutes and three sessions are recommended. It is common to experience some pain relief immediately after each session and all three treatments are required to maximise the effects of the treatment.

The National Institute of Health Care Excellence (NICE) has declared extracorporeal shock wave therapy (Orthopaedic Lithotripsy) to be safe and initial trials have demonstrated positive results. Further reading can be found at www.NICE.org.co.uk

Extra-corporeal Shock Wave Therapy (ESWT) Informed consent information

What is ESWT?

ESWT is a procedure where shock waves are passed through the skin to the injured part of the foot, using a special device. Extracorporeal means outside of the body.

The shockwaves are mechanical and not electric; they are audible, low energy sound waves, which work by increasing blood flow to the injured area. This accelerates the body's healing process. You will usually require a course of three treatments, one to two weeks apart.

Why should I have ESWT?

ESWT is offered to patients with Achilles tendinopathy and plantar fasciitis, who have not responded adequately to traditional treatments such as physiotherapy, rest, steroid injection, ice therapy and painkillers. It is a minimally invasive treatment and you can go home the same day. ESWT can offer relief from pain and other symptoms.

What are the risks/side effects?

You will experience some pain during the treatment, but you should be able to tolerate this. Following the treatment, you may experience redness, bruising, swelling and numbness to the area. These side effects should resolve within a week, before your next treatment. There is a small risk of tendon rupture or ligament rupture and damage to the soft tissue.

NICE has deemed this procedure to be safe, although there are some uncertainties about how well it works. For this reason, every patient will be monitored before and after the treatments to discover how successful the outcome is. Studies have shown there is a 50% to 70% chance that it will be effective.

You will be asked to complete a questionnaire before your treatment starts, after three months and again one year following your treatment.

You must not have ESWT if:

- You are pregnant
- You are taking anti-platelets (eg aspirin of over 75mg or clopidigrel) anticoagulants (such as warfarin or rivaroxaban)
- You have a blood clotting disorder
- You are under the age of 18
- You have been diagnosed with bone cancer
- You have a cardiac pacemaker or other cardiac device
- You have an infection in your foot or a history of tendon or ligament rupture
- You have had any steroid injections in the previous 12 weeks

Are there any alternatives?

ESWT is the next step if traditional treatments such as physiotherapy, rest, steroid injection, ice therapy and painkillers have already been tried.

How can I prepare for ESWT?

- You will need to ensure that you are available for the full course of your treatment.
- You can eat and drink normally before your treatment.
- Please wear comfortable clothes as you will be lying on your front for the treatment.

Giving my consent (permission)

We want to involve you in decisions about your care and treatment. If you decide to go ahead with treatment, the clinic referral letter will act as informed consent for the treatment. By attending the appointment you have accepted the risks and benefits explained at the clinic appointment.

Who will carry out the procedure?

Your ESWT will be carried out by a registered Health and Care Professions Council (HCPC) healthcare professional. The treatment is well established and has been used for several years throughout the UK and United States.

Will I feel any pain?

Most patients do experience some pain during the procedure. You will be asked how much pain you are experiencing during the treatment and we will attempt to adjust the treatment to help manage this. The pain will stop at the end of your procedure.

What do I need to do after I go home?

You will be able to return to your usual activities straight away and can return to work immediately. However we advise you not to undertake any strenuous, pain provoking activity or high impact exercise for 48 hours following the procedure.

If you experience a sudden onset of pain to the area or any loss of function, please contact your GP or NHS 111 which offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics, over the phone 24 hours a day.

Further sources of information

National Institute for Health and Care Excellence (NICE)

NICE has produced recommendations for patients on ESWT for Achilles tendinopathy and plantar fasciitis. These documents can be accessed on the NICE website.

www.nice.org.uk

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

