

CENTEROCK



PODIATRY

ENDOSCOPIC PLANTAR FASCIOTOMY

Plantar fasciitis is the most common cause of heel pain affecting 10 percent of the population. It occurs when the plantar fascia, a thick band of tissue running the length of the bottom of the foot becomes inflamed and causes pain. For over 90 percent of patients, conservative therapy is effective in relieving inflammation and resolving symptoms, but for those that don't respond the EPF is a minimally invasive surgical option.

Endoscopic Plantar Fasciotomy (EPF) is an outpatient surgery which takes less than 30 minutes performed under local anesthesia with mild sedation. The surgery is performed through a small incision on either side of the heel with a camera to help visualize the ligament and a release is performed.

The purpose of an EPF is to release the tight or contracted plantar fascial ligament and resolve symptoms for the patient. The success rate is over 90 percent with a very low complication rate.

The postoperative course is ice and elevation for first 24 - 48 hours. Sutures are removed in 10-14 days with patient in surgical shoe for approximately 2-3 weeks in total.

