

Plantar Fasciitis Cure

Plantar Fasciitis Home Cure Guide

Topaz Surgery for Plantar Fasciitis

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Difficulty in walking due to foot pain is a common mobility limitation faced by adults. There are several medical conditions that cause difficulties in gait and a popular etiology of this, frequently encountered by podiatrists in every part of the world, is the plantar fasciitis.

Plantar fasciitis is a term used to refer to an inflammatory condition of the plantar fascia, a band-like connective tissue that is attached at the heel bone and extends up to the digits of the foot.

What causes it?

The cause for this abnormality in the fascia usually originates from a biomechanical foot deformity, though overuse or trauma to this fascial ligament may also pave the way for inflammation and swelling.

Also, if an individual has recently gained excess body weight, increasing the load placed on their feet; has seen a sudden increase in activity levels; or has changed their footwear that are ill-fitting and unsupportive – then he or she will have a tendency to develop plantar fasciitis sometime in the future.

Conservative Treatment Methods

While the normal treatment options for plantar fasciitis are applying ice packs, resting the foot adequately, bringing a modification into their daily activities, wearing orthotics or night splints, taking anti-inflammatory medications, and performing stretching exercises – some sufferers still fail to achieve pain relief in spite of following all of these. For such individuals, surgical procedures will be required to alleviate the symptoms.

Topaz Surgery

One such minimally invasive procedure recommended to sufferers for effectively controlling plantar fasciitis pain is the TOPAZ MicroDebrider procedure using the Coblation technology.

Here micro-debridement of the plantar fascia is carried out by the process of ablating – by melting or vaporizing contaminated tissues. The TOPAZ MicroDebrider device is used in combination with the Coblation

technique. With this method, what basically is achieved is that using electromagnetic wave frequencies, the damaged tissues are gently dissolved without causing any damage to its surrounding healthy tissues.

So simply put – this is a radiofrequency-based ablation procedure, and unlike other surgical devices that utilize high radio frequency energy – like the laser, that is a heat-driven process utilized to cut and remove damaged tissues – this system uses low-dose radio frequencies thus operating at low temperatures. Hence, this method assures that there is prevention of healthy tissue destruction, normally seen when high temperatures are used.

How is this procedure carried out?

This procedure is usually carried out in an operating room, even though it is a minimally invasive one. It requires the administration of general anesthesia followed by a local nerve block in the foot area. The area where the fascia is situated is then marked, and small but multiple puncture holes in a grid-like pattern are made in the skin covering the marked area. Through these holes, the TOPAZ probe is passed through to gain direct access into the insides of the foot where the problem lies.

The low radiofrequency energy is then applied that cause a highly focused plasma field to form which is made up of highly ionized particles. These particles have enough energy in them to break up scar tissue in an attempt to encourage revascularization of the fascial ligament.

Minimal bleeding and less amount of pain will be experienced following this procedure, making it possible for the patient to return to normal activities at a much rapid pace.