

Plantar Fasciitis Services

At **Regen Rx/Spine & Extremities Center** we feel the best way to alleviate the pain and disability of this common condition is to stimulate and guide the regeneration and strengthening of the plantar fascia through a structured, targeted multimodality program. We use two non-invasive physical medicine therapy machines; **Shockwave Therapy** and **Class IV Medical Laser Therapy**.

We also offer the option of an ultrasound-guided injection with the orthobiologic **Platelet-Rich Plasma (PRP)**. If you are interested in **PRP**, please ask our staff for further information.



Our modalities used for this protocol are Shockwave Therapy and Class IV Medical Laser.



A Shockwave treatment being applied to the plantar fascia.

This service is to initiate and guide the healing response in the damaged tissues to accomplish several goals. These are 1) to decrease pain, 2) improve function, and 3) reduce the recurrence rate. Our modalities typically result in more immediate reduction of pain by inhibition of multiple pain generating tissues that occur with plantar fasciitis and at the same time stimulate healing to regenerate the damaged soft-tissues.



Treatment Overview

Besides the plantar fascia insertion itself, there are many potential pain-generating tissues that can also contribute to pain and dysfunction. During your evaluation and dynamically during your sessions the plantar fascia and associated structures will continually be reassessed with our focused **Shockwave Therapy** source for treatment response and identification of chronic and emerging pain generators in your foot. These include:

- The various components/bands of the plantar fascia and the plantar heel pad tissues.
- Referred pain structures in the foot and ankle.
- Bone at the insertion of the plantar fascia in your heel as there can often be bone marrow edema from the disease process which is associated as a pain generating structure.
- Tendon insertions such as the posterior tibialis muscle and abductor hallucis muscle



We use a **Class IV High Energy Medical Laser** in combination with **Shockwave** to accelerate healing, improve oxygen delivery, stimulate the formation of new blood vessels, and to decrease inflammation through a process called photobiomodulation. The medical laser application is painless and typically patients only feel a very soothing, relaxing heat in the area as the laser infuses healing energy. It accelerates and modulates the healing response initiated by **Shockwave Therapy**.



Services

Our highly successful non-invasive program is **six (6) sessions** of combined **Shockwave Therapy & Class IV Medical Laser Therapy** over 8-10 weeks. This is performed by one of our staff members trained in our regenerative modalities. Subsequent visits are 1 week apart and as you progress these treatments will be further spaced apart as the healing/regenerative process occurs.

In consultation with one of our doctors, patients can also include a **Platelet-Rich Plasma (PRP) injection** to help further regenerate the plantar fascia. An ultrasound-guided injection of **PRP** also uses the injection needle to fenestrate the fascia which allows the **PRP** as well as fresh blood to infiltrate deep into the diseased tissue, allowing healing from the inside out. **This may be a better option for patients who may have more scar tissue, such those who have had previous steroid shots or those who have partial tears shown by MRI or ultrasound.** Typically, however, most patients do very well with our non-invasive **Shockwave/Laser** program.

The vast majority of our patients in our non-invasive program are pain free even before the program ends, and the remainder typically have a significant reduction in pain/improved function at that time. Almost all the remaining patients experience complete resolution within several months as the regenerative process finishes at different rates.

Although we cannot guarantee results, it is very rare in our office to have a patient go through our program and not have any decrease in pain or increase in function. Although it is uncommon, if an additional treatment is needed past the standard program, we offer single sessions.

General information

During **Shockwave** treatment you will feel a dull, deep ache as the pulse targets the pain generating tissue. The settings of the **Shockwave** machine will be adjusted to your comfort, and you will remain in constant communication with your provider during your treatment sessions.

We ask that you also continue conservative care that is medically accepted or was previously advised for your condition. Such as, but not limited to, orthotics for plantar fasciitis and pes planus, heel cups for heel pad syndrome, weight loss if advised by your



SPINE & EXTREMITIES CENTER

primary care provider, excessive running and standing on hard surfaces for long periods of time, etc.

Please avoid the use of ice during therapy, and do not take NSAIDS for at least the first 48 hours after a **Shockwave Treatment**. Attempt to avoid NSAIDS completely if possible. Tylenol and heat can be used for pain. NSAIDs need to be avoided for one week prior to the **PRP** appointment as those medications interfere with the healing chemicals found in your platelets that we will use for the injection.

We recommend that patients schedule at least one visit with each of our providers through their program to get to know our staff and allow each provider to contribute to your care in their unique way. It is not mandatory, and at any time patients can express their wishes as to the provider they prefer.

Patients almost always have continued and sustained improvement after the last session. Although most patients have complete resolution or have a significant reduction of pain during the program our treatments are also initiating a regenerative process and it takes time for the body to completely repair the chronically damaged tissue.

This healing continues after your last session with our staff.

The final result is typically within 1-3 months.

Prices and Discounts

- ✓ **\$595 – (6) Shockwave/Medical Laser** treatments (**\$1,095** b/l feet)
 - **\$395 – PRP injection** added in to the six-session program
- ✓ **\$795 – (3) Shockwave/Medical Laser** treatments plus a **PRP injection**
- ✓ **\$595 – Ultrasound-guided PRP injection** (this includes a **Shockwave/Laser** treatment)
- ✓ **25% discount on Performance & Recovery or Regen Rx IV infusions**

