

## Radiofrequency ablation role as alternative treatment to plantar fasciitis

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### INTRODUCTION

Plantar heel pain is one of the most common foot conditions nowadays. One of the most common cause of heel pain is plantar fasciitis, and it frequently happen in careers that require prolonged standing or walking, like staff nurses, doctors, teachers. This case report studies 1 year follow up on pain control of a staff nurse after radiofrequency ablation (RFA) of calcaneal and plantar nerve with chronic left plantar heel pain due to plantar fasciitis.

### REPORT:

Madam N, 39 years old, works as a staff nurse (healthcare assistant), complained of left heel pain, aggravated after prolonged walking and standing, pain starts at first step in the morning after getting out of bed, visual analogue scale(VAS): 10, unable to stand more than 15 minutes and unable to walk more than 50 meters without rest. On examination, patient obese, BMI: 38, ambulating with normal gait, left heel tender at calcaneal tuberosity, pain upon stretching plantar fascia. Xray of left ankle noted calcaneal spur. RFA done over left medial calcaneal nerve, inferior plantar nerve on Feb 2022. Post RFA, patient was discharged with oral analgesia. One month later, VAS reduced to 7, able to stand for 30 minutes. 3 months later, VAS further reduced to 3, able to walk more than 50 meters but less than 100 meters. After one year, on Jan 2023, patient completely recovered from left plantar fasciitis, able to stand for around 45 minutes, do grocery shopping for 1 hour without rest.



### CONCLUSION:

RFA of calcaneal nerve and plantar nerve is an effective pain management option for chronic heel pain due to plantar fasciitis that did not respond well to other conservative options.

### REFERENCES:

Erken HY, Ayanoglu S, Akmaz I, Erler K, Kiral A. Prospective study of percutaneous radiofrequency nerve ablation for chronic plantar fasciitis. *Foot Ankle Int.* 2014 Feb;35(2):95-103. doi: 10.1177/1071100713509803. Epub 2013 Oct 28. PMID: 24165571.

**Figure 1: bilateral calcaneal xray of Mdm N**

**Figure 2: left ankle xray AP, Lateral**