

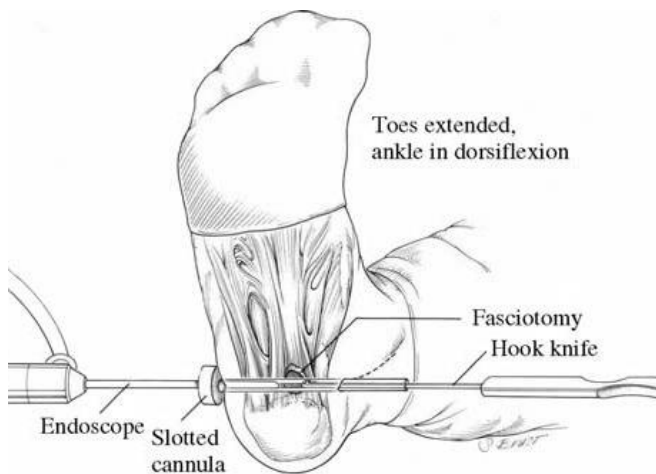


Plantar Fascia Release

What does the surgery involve?

Surgery is performed to release the plantar fascia off the heel bone. This is performed endoscopically.

A 1cm incision on each side of the heel is made and using an arthroscopic camera the plantar fascia is seen. Under direct vision the plantar fascia is divided using a specially designed blade.



What is the success rate?

Surgery is 70-80% successful in resolving symptoms.

Morning pain is the first to resolve but activity related pain may take longer.

What does the rehabilitation involve?

- This procedure is day surgery
- You can weight bear in a boot for 2 weeks
- You may require crutches for a week
- You should elevate your foot as much as possible over the first 2 weeks
- You can begin ice application after 24 hours when the bandages are removed
- Physiotherapy is required
- By 4 weeks most patients are walking comfortably
- At 6- 12 weeks you may begin to return to training and sports as tolerated.
- Swelling may persist for 3 months

How long will I be off work?

This is dependent upon your occupation

- Seated job 2-4 weeks
- Standing job 4-6weeks
- Heavy lifting job 6-8 weeks

When can I drive?

You are unable to drive for 2 weeks

What are the risks of the procedure?

General risks of surgery

- Infection and wound healing problems
- Nerve injury and scar sensitivity
- Blood clots to the leg
- Anaesthetic problems
- Incomplete resolution of symptoms

Specific risks for plantar fascia release

- Lateral foot pain (outside of the foot)
- Recurrence of symptoms

This information is an overview of plantar fasciitis and treatment and is not all inclusive.

If you have any questions regarding this please contact Mr. Curry's rooms on **(03) 9928 6560**