

## **92%** Had Resolution By 3 Months After One-Time Treatment and Sustained Results for Over 2 Years

“A Novel Treatment for Refractory Plantar Fasciitis” Study Published in The American Journal of Orthopaedics (Patel, 2015)



PATIENTS HAD RESOLUTION AT 3 MONTHS  
100% RESOLUTION AT 2 YEARS, SUSTAINED RESULTS  
12 PATIENTS

### Study Methods

- A case series; prospective study.
- 12 patients with refractory plantar fasciitis lasting >12 months (12-24 months) who had failed conservative care were treated with focal partial fasciectomy with a Tenex Health TX® System.
- Patient outcomes were assessed via patient satisfaction, symptom resolution and AOFAS scores at 3 and 24 months.

### Results and Conclusions

- 92% patients had symptoms resolved / essentially pain-free by 3 months.
- 100% patients had symptoms resolved / essentially pain-free by 24 months.
- Complications = 0.
- AOFAS scores improved from mean of 30 (17-46) to 88 (25-92) postoperatively.
- Plantar fascia partial release by ultrasonic energy from a percutaneous probe appears to be a safe, effective, well-tolerated treatment for a condition that is refractory to other options.

### Key Takeaways

- 100% success at 2 years.
- All had a single treatment.
- Included 4 failed open / endoscopic surgery patients.
- It is safe, effective and well-tolerated.
- The probe insertion site is crucial.
- No complications.

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## A Novel Treatment for Refractory Plantar Fasciitis

Patel MM. *The American Journal of Orthopaedics*. 2015;44(3):107-110.

Plantar fasciitis can be a disabling condition for patients. The numerous treatment modalities offered for plantar fasciitis attest to the lack of effectiveness or at least lack of consensus regarding treatment. As a consequence, an emerging set of goals for this condition are those of a minimally invasive percutaneous intervention that is safe and effective, and at the same time is well tolerated with minimal morbidity. We report herein the use of an image guided intervention together with the TX1 instrument which employs ultrasonic energy to fasciotomize the targeted plantar fascia. A prospective study of 12 patients with refractory plantar fasciitis with a minimum of 6 months of symptoms and failed treatments including but not inclusive of physical therapy, orthotics, shock wave

therapy and corticosteroid injections. Four of the 12 patients had had open or endoscopic partial releases at other institutions without any improvement in their symptoms prior to presentation. All patients were treated once with the TX1 instrument and followed up for 12 months after the procedure. The mean pre-operative AOFAS score was 30.1 which improved significantly to 88.1 by 6 months and was sustained at 12 months. Resolution of pain occurred in 11 of the 12 patients by 3 months and was sustained at 12 months. There were no procedural or treatment complications. An ultrasound image-guided plantar fasciotomy using a percutaneous instrument that delivers ultrasonic energy appears to be a safe, well tolerated and effective treatment option for a condition characterized by being refractory to current treatment programs. Its safety profile and the fact that it is well tolerated make it an attractive option to definitively treat this vexing condition.

