

Endoscopic Plantar Fasciitis *Surgical Technique Guide*

Minimally Invasive EPF System

Our Unique Seg-WAY Endoscopic System gives you greater control and unparalleled visualization. It delivers the tactile feel of an endoscopic scalpel in a minimally invasive approach that can help reduce the lengthy recovery time associated with these types of surgeries. Unlike most competitive systems, the scope functions independently from the knife, rasp, and probe providing ultimate system flexibility.

Instrument Overview



A) Left & Right Guide



B) Retrograde Ligament Knife



B) Probe



C) Rasp

Surgical Preparation

- Place the patient in a supine position and palpate medial calcaneal tubercle
- Mark a point medially on the skin approximately 1.5–2 cm from the plantar aspect of the foot in line with the posterior border of the distal tibia

Dissection

- Make a 1–1.5 cm horizontal incision extending anteriorly from the skin mark. **Note:** This will allow the guide to be placed out from under the fat pad
- Perform blunt dissection of the subcutaneous tissue to the level of the Plantar Fascia creating the medial portal

Insertion

- Insert the dilator superficial (plantar) to the plantar fascia from medial to lateral, identifying the correct tissue plane and creating space for the Segway guide. **Note:** The plantar skin will pucker just anterior to the fat pad confirming the instrument is in the proper tissue plane
- Insert the elevator to strum the plantar fascia lateral to medial, feeling for the separation in the bands. Identify the medial band and measure using the calibrations in centimeters on the instrument
- Insert the Seg-WAY guide through the incision medial to lateral with the open side facing the plantar fascia. Insert a standard 4mm 30° arthroscope into the scope channel of the guide to visualize the plantar fascia
- Insert the Seg-WAY rasp into the instrument channel of the guide to clear the soft tissue and ensure clear visualization of the plantar fascia
- Insert the Seg-WAY probe into the instrument channel of the guide to identify the medial bands of the plantar fascia. **Note:** The measurement in centimeters from step 5 can be correlated with the calibrations on the inside of the Segway guide
- Insert the retrograde blade into the instrument channel of the guide and release the medial band of the Plantar Fascia.
- Confirm full release by re-inserting the Seg-WAY probe and feeling for uncut fibers. **Tip:** Airplane the wings of the guide to separate the cut fibers and allow visualization of the release.

Closing

- Remove the Seg-WAY guide and close the incision in regular fashion