J Nov Physiother 2017, 7:5(Suppl)
DOI: 10.4172/2165-7025-C1-018

Shock wave therapy effectiveness in treating patients with heel pain: a randomized control trial

Eman Matar
Ministry of Health, Kingdom of Bahrain

Background & Purpose: Shockwave therapy is increasingly used for plantar fasciitis, but limited evidence supports its use. The purpose of this study is to determine the clinical effectiveness of shock wave in the treatment of chronic patient with plantar heel pain in term of pain intensity and function level. The purpose of the study is to measure any changes in pain level before and immediately after the treatment and to compare the effectiveness of shock wave therapy with other regular modalities in physiotherapy.

Participants: Ninety patients with plantar heel pain were selected from the public in the same order that they presented in the Physiotherapy Department at Ahmed Ali Kanoo Health Center.

Methods: The methods used for this study was Randomized Controlled Trial (RCT).

Analysis: The data obtained from this research was analyzed by SPSS version 15.0. ANOVA was used to compare between the three groups. Post Hoc test was used to determine which group is better than the other

Results: Pain intensity data group A (shock wave and exercise) was no immediate reduction. The mean value of pain intensity was calculated as 7/10 pre-intervention. The mean value of pain intensity was calculated as 3.3 /10 post intervention. Pain intensity data for group B (wax and exercise) was no change in pain within the same session. The mean value of pain intensity was calculated as 6.5/10 pre-intervention and the mean value of pain intensity was calculated as 5.2/10 post intervention. Pain intensity data for group C (Exercise only) was an immediate reduction, but not lasting for next session. The mean value of pain intensity was calculated as 6.3/10 pre-intervention. The mean value of pain intensity was calculated as 4.2/10 post intervention. Function has been improved by 80% with group A, 65% with group B, and 33% with group C.

Conclusion: The study demonstrated the clinical and statistical efficacy of shock wave therapy in the treatment of chronic patients with plantar heel pain in term of pain and function. In comparison to other physiotherapy modalities, shock wave therapy has been proven its effectiveness with other regular modalities in physiotherapy.

eman_matar@yahoo.com,
ematar@health.gov.bh