

TOPAZ[®] Microdebrider is an effective treatment for recalcitrant plantar fasciitis

Treatment provided significant, early improvements in pain and function



Study design

- A prospective single-center study in which 14 patients (mean age, 44 years; 15 feet) with plantar fasciitis received TOPAZ microtenotomy and were followed for six months following treatment
- Patients were symptomatic for at least six months and had undergone extensive and failed prior conservative therapy



Key results

- Patients reported quick reduction in pain and high satisfaction (Figure)
- AOFAS Ankle-Hindfoot Scale for function showed significant improvement from baseline to six months (34.5 to 71.3; $p=0.00$)
- SF-36 scores had significant improvements over baseline for components of physical function ($p=0.01$), bodily pain ($p=0.01$), and social function ($p=0.04$)
- No peri- or postoperative complications observed



Figure. Patient-reported pain and satisfaction



Conclusion

Patients non-responsive to earlier treatment for plantar fasciitis who received TOPAZ microtenotomy reported good-to-excellent satisfaction rates. Post-surgical expectations were met for up to 85%. AOFAS hindfoot and SF-36 pain scores all improved significantly immediately after the procedures until final follow up six months later.



Study citation

*Sean NYC, Singh I, Wai CK. Radiofrequency microtenotomy for the treatment of plantar fasciitis shows good early results. *Foot Ankle Surg*. 2010;16:174-177.

Abbreviations

AOFAS: American Orthopaedic Foot & Ankle Society