

EXTRACORPOREAL SHOCK WAVE THERAPY (ESWT)



American College of
Foot and Ankle Surgeons

What Is ESWT?

Extracorporeal Shock Wave Therapy (ESWT) is a noninvasive surgical procedure that uses sound waves to stimulate healing in some physical disorders, including plantar fasciitis. “Extracorporeal” means “outside of the body” and refers to the way the therapy is applied. Because there is no incision, ESWT offers two main advantages over traditional surgical methods: fewer potential complications and a faster return to normal activity. ESWT has been used extensively for several years to treat plantar fasciitis and other disorders.

What Is Plantar Fasciitis?

Plantar fasciitis is the most common form of heel pain. This painful condition results from inflammation of the plantar fascia—the connective tissue that stretches from the heel bone, across the arch, and to the base of the toes. Plantar fasciitis is sometimes also called heel spur syndrome when a spur (bony protrusion) is present.

Who Is a Candidate for ESWT?

ESWT may be considered as a therapeutic option for the patient whose heel pain has not resolved with conservative treatment. Conservative measures include use of anti-inflammatory medications, steroid injections, ice packs, stretching

exercises, orthotic devices (shoe inserts), and physical therapy.

Some patients should not be treated with ESWT. The procedure is not appropriate for patients who have a bleeding disorder or take medications that may prolong bleeding or interfere with clotting. Your foot and ankle surgeon will determine if the procedure is appropriate for you based on your medical history.

What To Expect with ESWT

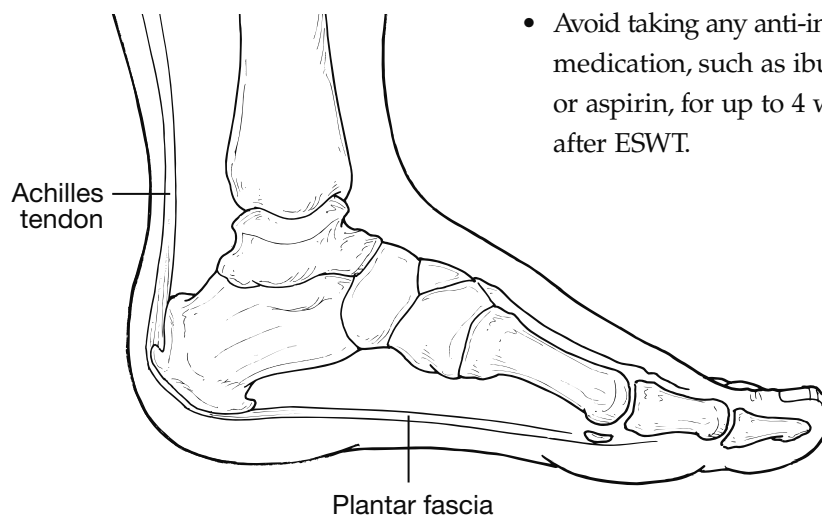
In preparation for ESWT, the foot and ankle surgeon will instruct the patient to stop taking any anti-inflammatory medications (for example, aspirin or ibuprofen) for about five days before the procedure. It is important to avoid these medications because they are known to prolong bleeding under the surface of the skin.

ESWT is performed on an outpatient basis, so it does not require an overnight stay in the hospital. Before the procedure begins the patient is comfortably positioned and may receive local and/or sedation anesthesia. The treatment may take up to 30 minutes per foot. During the procedure sound waves penetrate the heel area and stimulate the healing response. Sometimes more than one session is needed to adequately treat the inflammation and reduce the patient’s symptoms.

After the Procedure

The surgeon may advise you to have someone drive you home after the procedure. Other instructions may include:

- Rest and elevate the foot for the remainder of the day and night.
- Resume gentle stretching exercises the day following the procedure.
- Avoid taking any anti-inflammatory medication, such as ibuprofen or aspirin, for up to 4 weeks after ESWT.



- Avoid heavy lifting until the surgeon approves resuming this activity.
- You may walk on the foot.
- Avoid running or excessive activity.
- Avoid going barefoot during the healing process.
- Wear supportive shoes.
- In some cases, orthotic devices (shoe inserts) will be prescribed.

Although patients sometimes feel they can return to normal activities right away, the surgeon will determine

when that is appropriate for your situation. It is important to use caution and follow the doctor's instructions to avoid injuring the treated foot. Because ESWT temporarily reduces or eliminates the sensation of pain, patients sometimes become too active too soon.

ESWT is very safe and effective, but every surgical procedure carries the possibility of complications. In addition to mild pain and tingling or numbness, bruising and swelling

sometimes develop after ESWT. There have also been reports of rupture of the plantar fascia and damage to the blood vessels or nerves.

ESWT in the Future

Like many other innovative non-invasive therapies, ESWT is an evolving technology. As the body of information on this technique continues to expand, the result will be additional uses for ESWT that will benefit more patients in the future. ▲



Melissa J. Lockwood, D.P.M.

Melissa J. Lockwood, D.P.M. – As founder of Heartland Foot and Ankle Associates, P.C., Dr. Melissa J. Lockwood happily returns to central Illinois after seven years in Cleveland, Ohio. She is a graduate of Providence Catholic High School in New Lenox, Illinois. Dr. Lockwood completed her undergraduate degree from the University of Illinois (Urbana/Champaign) in 2001 with a Bachelor of Science in Biology and a minor degree in Chemistry. Dr. Lockwood has a great interest in archaeology and also received a minor degree in Anthropology from the U of I in 2001.

Dr. Lockwood went on to the Ohio College of Podiatric Medicine and matriculated with her Podiatric Medical Degree in 2005. While at OCPM, Dr. Lockwood served as both a delegate to the student branch of the APMA as well as President of the Student Government organization (OPMSA). Dr. Lockwood was the recipient of several awards while attending OCPM, including the Ohio Podiatric Medical Association Dr. James Conforti Community Relations Award and the OCPM Mildred Kaufman Memorial Award for Proficiency in Orthopedics and Biomechanics.

Dr. Lockwood arrives in Bloomington following a three year residency in Cleveland, Ohio. Dr. Lockwood completed a 36 month Podiatric Medical and Surgical Residency Program based out of the University Hospital System/Richmond Heights Medical Center. Dr. Lockwood has extensive training in both forefoot (bunions, hammertoes, neuromas) elective surgical procedures as well as rearfoot reconstruction. She has a special interest in the treatment of chronic wounds as well as diabetic palliative care. Dr. Lockwood enjoys working with patients one on one in a clinical setting and chatting about her favorite sports teams!

Dr. Lockwood and her husband Scott are pleased to be back in their home state and rooting on the Illini, Redbirds, Chicago Bears, and White Sox! Scott is a 2000 Illinois State University Alumni with a BS degree in Accountancy. He is a CPA working in Bloomington.

EDUCATION

University of Illinois, Urbana-Champaign, BS Biology (01)
Professional: Ohio College of Podiatric Medicine, (05)
Residency: University Hospital Richmond Medical Center (05-June 08)

PROFESSIONAL ACCREDITATION

NBPME Part I (03) NBPME Boards Part II & Part III - PM Lexus (05)
State of Illinois Licensure (08)

HONORS AND AWARDS

Illinois State Scholar (1997)
OCPM Academic Scholarship (01) OCPM Dean's List (04)
OPMA Dr. James Conforti Community Relations Award (05)
OCPM Mildred Kaufman Memorial Award for Proficiency in Orthopedics and Biomechanics (05)
University Hospitals Richmond Medical Center Outstanding Podiatric Resident (08)

PROFESSIONAL ORGANIZATIONS

President, Ohio Podiatric Medical Student's Association (02-04)
Delegate, American Podiatric Medical Student's Association (02-04)
Chairman, President's Committee, American Podiatric Medical Student's Association Feb. 2004
Member – OCPM Board of Trustees (02-04)
APMA/IPMA, AAPP, AAAP member at large

RESEARCH/PUBLICATIONS

Sesamoid Pathology, coauthored with
Dr. Joseph Favazzo, D.P.M., December 2005. Compilation of forefoot pathology edited by Vincent J. Hetherington, D.P.M.



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American College of Foot and Ankle Surgeons

This information has been prepared by the Consumer Education Committee of the American College of Foot and Ankle Surgeons, a professional society of 5,800 foot and ankle surgeons. Members of the College are Doctors of Podiatric Medicine who have received additional training through surgical residency programs.

The mission of the College is to promote superior care of foot and ankle surgical patients through education, research and the promotion of the highest professional standards.

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