



Radiofrequency Therapy for the treatment of chronic foot pain and Plantar Fasciitis. Your physician can explain if RF Therapy is appropriate for you.

Plantar fasciitis is one of the most common causes of heel pain. It involves pain and inflammation of a thick band of tissue, called the plantar fascia, that runs across the bottom of your foot and connects your heel bone to your toes.

Plantar fasciitis commonly causes stabbing pain that usually occurs with your very first steps in the morning. Once your foot limbers up, the pain of plantar fasciitis normally decreases, but it may return after long periods of standing or after getting up from a seated position.

This pamphlet is for general education only. Specific questions or concerns should always be directed to your doctor. Your doctor can explain possible risks or side effects.



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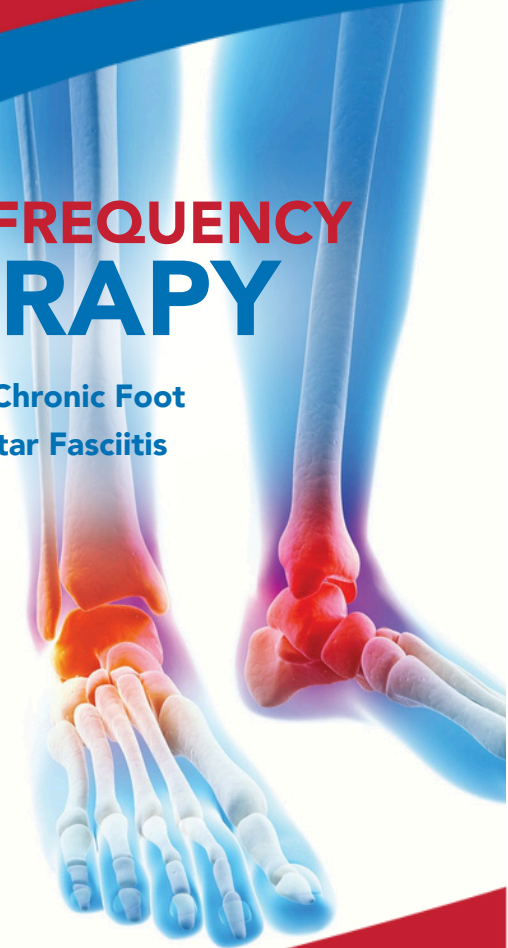


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RADIOFREQUENCY THERAPY

For Treating Chronic Foot Pain and Plantar Fasciitis



Radiofrequency Therapy for treating Chronic Foot Pain

WHAT IS FOOT PAIN?

Pain can manifest itself in several areas within the foot, particularly at the heel and near the toes. These occurrences can be the result of injury, as well as changes in anatomy and / or patient lifestyle. Pain in the heel is the most common complaint; however, many patients report pain near the toes, often due to compression and irritation of the nerves.

HOW DO I KNOW IF I HAVE NERVE-RELATED FOOT PAIN?

The foot is susceptible to multiple injuries and inflammatory conditions that can be treated via RF Therapy. Moreover, patients who have been treated previously with physiotherapy or orthotics may continue to experience pain. Patients who feel a sensation such as burning, tingling, or numbness may be affected by peripheral nerve entrapment, either in the heel or at the toes. Entrapment results when inflamed and swollen ligaments, tendons, and muscles constrict the narrow areas in which nerves pass.

However, some patients may not experience the above-mentioned symptoms. Instead, they may have pain radiating along the foot upon waking in the morning or upon standing up after an extended period seated. This pain may be temporary or remain present throughout the day.

WHAT IS RF THERAPY?

RF Therapy uses radiofrequency energy to disrupt nerve function. When this is done to a peripheral nerve, such as that found in the foot, the nerve can no longer transmit pain from the site.

WHAT HAPPENS DURING RF THERAPY?

The doctor will insert a thin needle near the point of pain. Fluoroscopy, a type of X-ray image, will be used to correctly position the needle.

The doctor will then check to make sure the needle is at the correct nerve by stimulating the nerve. This may cause muscle twitching and provoke some of your pain.

Once the needle has been properly placed, the area will be numbed. Radiofrequency energy will then be used to disrupt the problem nerve. This is often performed at more than one location along that nerve to ensure the pain has been alleviated.

WHAT CAN I DO BEFORE RF THERAPY?

There is nothing special you need to do before the RF Therapy. Your physician may request that you apply ice packs a day or two before treatment to reduce inflammation in the area to be treated.

WHAT HAPPENS AFTER RF THERAPY?

You will be monitored after the RF Therapy. When you are ready to leave, the clinic will give you discharge instructions. You may also be given a pain diary. It is important to fill this out because it helps your doctor know how the RF Therapy is working.

You may feel sore for one to four days after the therapy - this is normal. It may be due to muscle and nerve irritation or the procedure itself. Your foot may feel weak, numb or itchy for a couple of weeks. Full pain relief is normally achieved in four to six weeks.

If you received RF Therapy for interdigital neuritis (pain at the toes), then the toes that had been painful before the procedure may be numb post-therapy. This numbness may or may not be permanent.

HOW LONG CAN I EXPECT PAIN RELIEF?

Nerves regenerate after RF Therapy, but how long this takes varies. Your pain may or may not return when the nerves regenerate. If it does, another RF Therapy can be done.

