

Podiatrists at Genesys correct chronic heel pain quickly and permanently

Podiatrists at Genesys conduct a new, minimally invasive procedure that permanently can relieve heel spur syndrome and chronic pain in the plantar fascia (the tissue running along the bottom surface of the foot from the heel to the toes). Patients can walk in their own shoes within three to five days after the procedure, reports Dennis Green, DPM, a podiatrist at Genesys who performs endoscopic plantar fasciotomy (EPF).

According to Dr. Green, "the plantar fascia is too tight and continues to tear on the bone, causing a chronic dull ache with episodes of sharp, shooting pain in the heel. Patients are in pain when they place any weight on their foot."

Patients will try different shoes, anti-inflammatory medications, shoe inserts and physical therapy. When these options do not relieve the pain, Dr. Green and Mark Williams, DPM, suggest EPF, a 15-minute minimally invasive outpatient procedure. The podiatrists make one or two one-half-centimeter incisions on the side of the heel, and insert a special scope and camera under the fascia (the ligament-like band) that helps guide the physicians (via an overhead monitor) as they cut part of the fascia near the heel bone. After placing a tiny stitch on each incision, the procedure is complete.

As the foot heals, new tissue fills in the gap where the fascia was cut. This lengthens the fascia, reduces strain during foot movement and relieves the pain.

Within a few days following surgery, patients will be wearing their own shoes and walking comfortably. "Traditional surgery requires casting the foot, disabling patients from four to eight weeks," Dr. Green notes.

Dr. Green and Dr. Williams obtained special training and certification to conduct EPF. (Dr. Williams trained with the developer of the procedure for three years.) For more information on the procedure, call the podiatrists at (810) 653-9060. ■



Mark Williams, DPM, a podiatrist at Genesys, performs endoscopic plantar fasciotomy (EPF) to relieve heel spur syndrome and chronic pain in the plantar fascia. Following this procedure, patients can walk in their own shoes within three to five days.