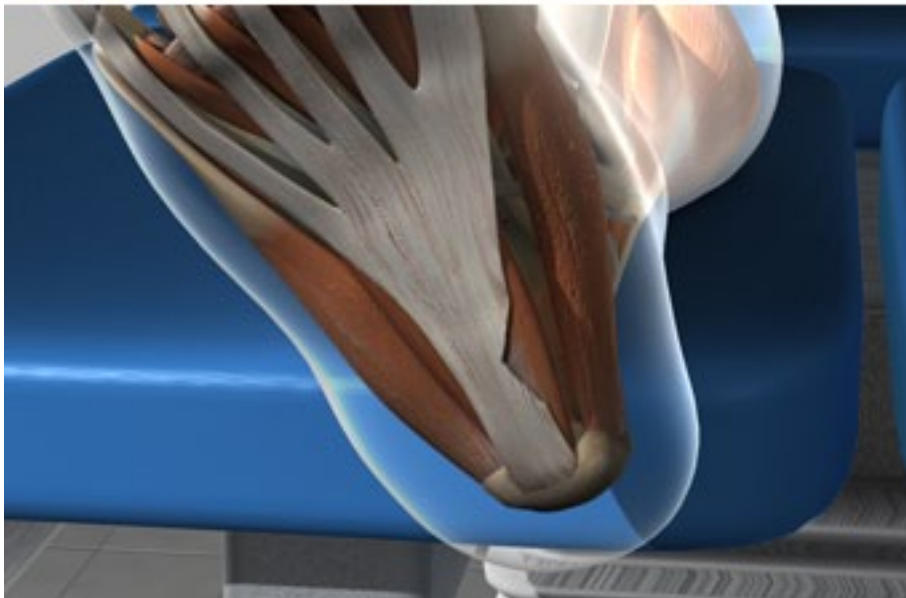
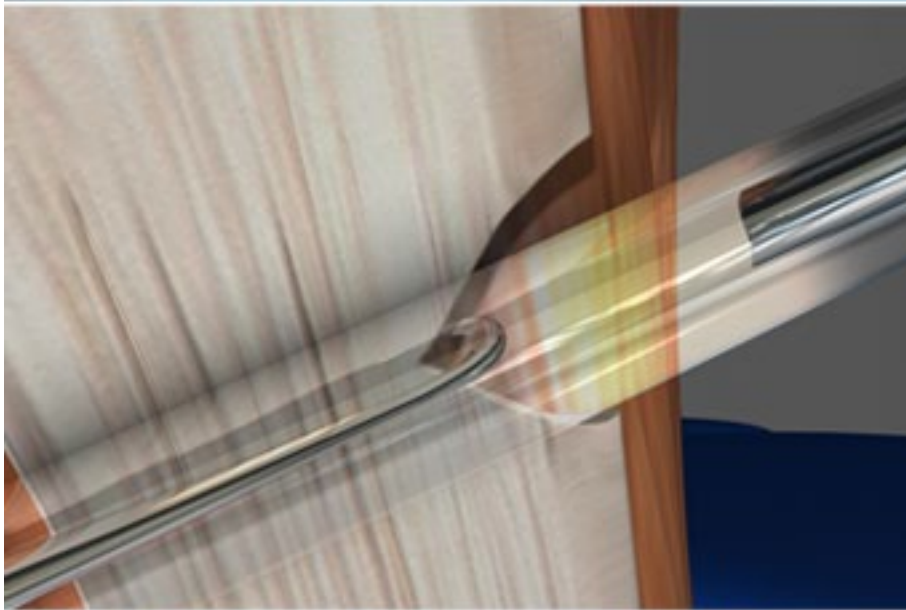


Endoscopic Plantar Fasciotomy (EPF)



Overview

This procedure relieves the pain of chronic plantar fasciitis. This condition is an inflammation of the plantar fascia, a thick band of connective tissue that stretches across the sole of the foot. This procedure may be performed with local or regional anesthesia and with sedation.

Preparation

In preparation for the procedure, the patient is positioned and anesthetized. The surgeon creates a small incision in one or both sides of the foot. The surgeon inserts a slotted tube (called a "cannula") into the foot. The slot is positioned against the plantar fascia. The procedure will be performed through the cannula.

Inserting the Endoscope

The surgeon inserts a lighted camera (called an "endoscope") into the cannula. The surgeon uses the camera to look through the slot and inspect the plantar fascia.

Treating the Plantar Fascia

The surgeon inserts a cutting instrument with a hooked blade into the cannula. The surgeon uses it to carefully cut across a portion of the plantar fascia. This allows the plantar fascia to stretch. It lengthens into a more relaxed position.

End of Procedure

When the procedure is complete, the instruments are removed and the incisions are closed. The foot may be placed in a surgical shoe, splint or cast. It will heal after several weeks. Physical therapy may be needed to help rebuild the strength of the foot.