

AB062. SOH21AS150.

Outcomes of endoscopic treatment for plantar fasciitis: a systematic review

Leona Ward¹, Eoghan Hurley², Alex Hoberman³, John Kennedy³

¹Department of Surgery, Mater Misericordiae University Hospital, Eccles St, Dublin 7, Ireland; ²New York University, New York, NY, USA; ³New York University, Langone Health, Joan H. and Preston Robert Tisch Centre at Essex Crossing, New York, NY, USA

Background: Endoscopic plantar fascia release (EPFR) is an established surgical treatment for recalcitrant plantar fasciitis. Few studies assess the mid to long-term outcomes of this procedure making it difficult for surgeons and patients to establish realistic postoperative expectations. The purpose of this systematic review is to provide a comprehensive review on the outcomes of EPFR in the treatment of plantar fasciitis at mid- and long-term follow up.

Methods: A systematic review was performed using, MEDLINE, EMBASE and Cochrane library databases in May 2020 based on the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. Studies included were evaluated with regards to level of evidence (LOE) and quality of evidence (QOE) using the Coleman methodological score. Clinical outcomes and complications were also evaluated.

Results: Twenty-five studies including 729 feet were included in this systematic review with a mean follow up of 25.11 months. 18 papers used the American Orthopaedic Foot and Ankle Society (AOFAS) score. The weighted mean preoperative AOFAS score was 55.61 and the postoperative score was 89.62 out of 100. The total number of patients who had complications was 117 of 729 (16.0%). The most

common complication was recurrence of pain experienced by 6.45% of patients (47 of 117).

Conclusions: EPFR provides good clinical and functional outcomes in patients with refractory plantar fasciitis. This procedure is associated with a moderately high complication rate. However, heterogeneous study designs and low level and QOE limit the current literature. As a result, further well-designed studies are necessary to determine the optimal treatment for refractory chronic plantar fasciitis.

Keywords: Endoscopic; plantar fasciitis; release; review

Acknowledgments

Funding: None.

Footnote

Conflicts of Interest: The authors have no conflicts of interest to declare.

Ethical Statement: The authors are accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

Open Access Statement: This is an Open Access article distributed in accordance with the Creative Commons Attribution-NonCommercial-NoDerivs 4.0 International License (CC BY-NC-ND 4.0), which permits the non-commercial replication and distribution of the article with the strict proviso that no changes or edits are made and the original work is properly cited (including links to both the formal publication through the relevant DOI and the license). See: <https://creativecommons.org/licenses/by-nc-nd/4.0/>.

doi: 10.21037/map-21-ab062

Cite this abstract as: Ward L, Hurley E, Hoberman A, Kennedy J. Outcomes of endoscopic treatment for plantar fasciitis: a systematic review. Mesentery Peritoneum 2021;5:AB062.