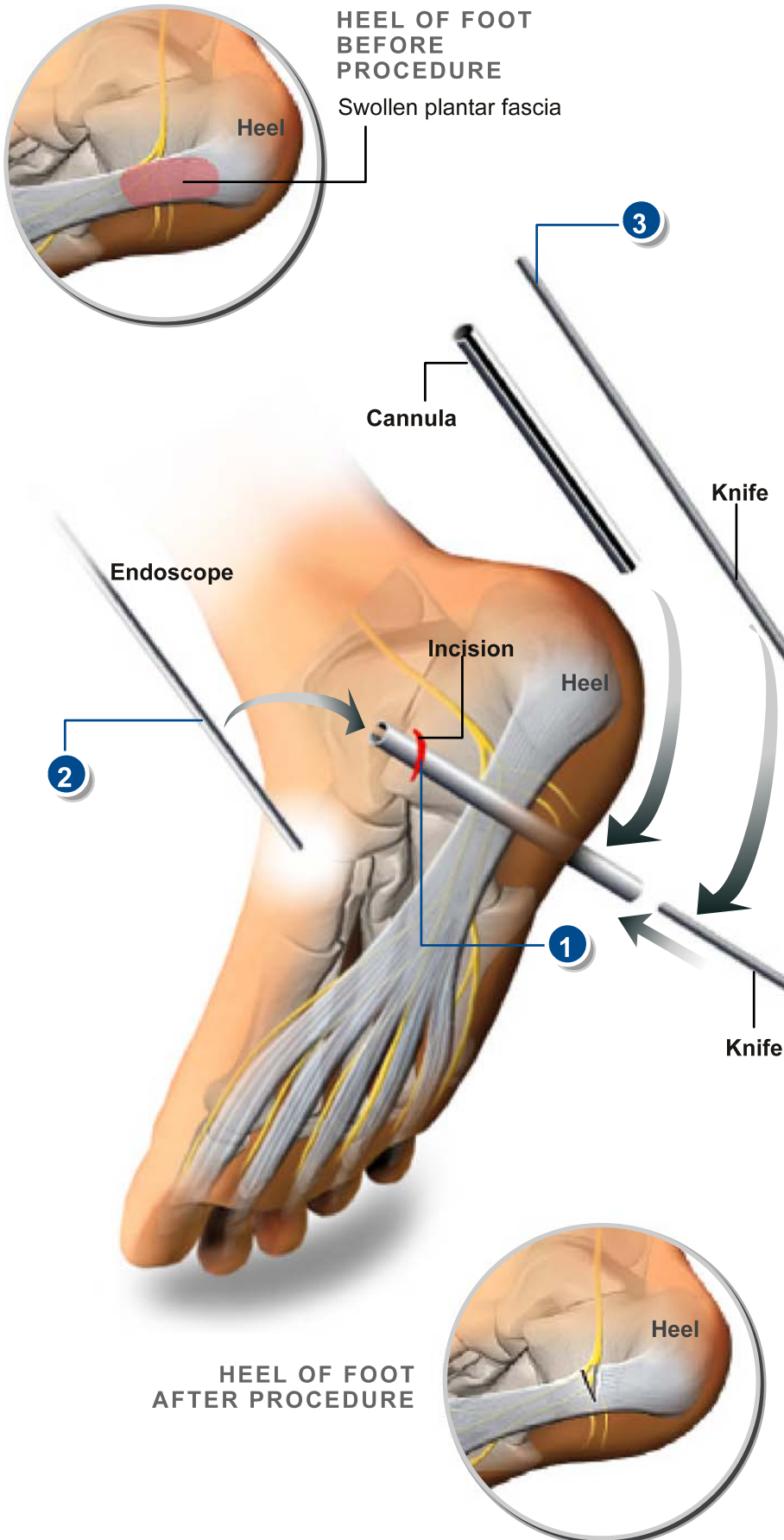


ENDOSCOPIC PLANTAR FASCIA RELEASE



Overview

This surgical procedure may be needed to relieve pain caused by plantar fasciitis, sometimes called a heel spur. The endoscopic plantar fascia release technique is often performed using local anesthetic and on an outpatient basis.

1. Incision Made

A small incision is made in the side of the foot. Another incision also may be made on the other side of the foot. A slotted cannula is inserted. The procedure will be performed through this small tube.

2. Endoscope Inserted

An endoscope is inserted through the cannula. The endoscope has a light and a small video camera that sends images to a TV monitor in the operating room. The endoscope is used to check the size and condition of the plantar fascia.

3. Plantar Fascia Cut

A special hooked knife is used to cut the plantar fascia. The surgeon may cut only part of the plantar fascia, or the surgeon may cut all of it away from the heel bone.

End of Procedure

The surgical instruments are removed and the plantar fascia is allowed to heal on its own. A cast may be put on the treated foot, and the patient is allowed to go home. Some patients won't need a cast. After a period of healing, foot rehabilitation therapy is performed to help rebuild strength.