

Objective: To investigate the short and medium-term effects of ESWT on heel pain and tenderness in patients with plantar fasciitis. Subjects and methods: Forty-one subjects (13 men, 28 women) who were diagnosed as suffering with plantar fasciitis symptoms longer than six weeks were participated in the study. The patients were treated in 3 sessions at intervals of 1 week with 2000 impulses per session at a pressure of 2.0 bars and a frequency of 15 Hertz. The evaluation consisted of assessments of pain (VAS) and was performed before treatment and weekly intervals for 3 weeks, then 3 months after last session. Results: All mean post-treatment VAS scores were significantly lower than the pre-treatment scores (pre-treatment mean VAS=75.34, week1 mean VAS=49.43, week2 mean VAS=38.53, week3 mean VAS=23.04, and month3 mean VAS=20.39). There was no significant difference between mean VAS score at 1 week after last session (week3) and mean VAS score at 3 months after last session (month3) (23.04 ± 16.41 and $20.39, \pm 22.98$, respectively $p>0,001$). Conclusion: Three treatments with 2000 impulses of low-energy shock waves were a safe and effective method for treatment of heel pain caused by chronic plantar fasciitis.