

VIPP FOR TREATMENT OF CALCANEAL SPUR AND FASCIITIS

Bony spurs on the heel of foot may be a cause of pain in individuals, which may increase in intensity after prolonged periods of rest. Walking, running or lifting heavy weights may exacerbate the condition. These spurs are a result of repeated stress due to which calcium deposition occurs.

Similarly, plantar fasciitis is a condition that occurs in individuals, commonly due to prolonged standing. The condition is due to inflammation at the site of insertion of ligaments into the bone. Pathologically, micro tears, collagen breakdown and scarring are observed. Pain is the main feature of plantar fasciitis, which is usually most severe on taking the first step after prolonged periods of rest.

Both conditions, commonly being associated with constant stress on legs and feet, treatment comprises of pain relieving medications, lifestyle modifications and physiotherapy exercises.

A new treatment modality utilizing CellSonic VIPP technology has shown improvement in both conditions, as seen in patients treated at StemRx Bioscience Solutions Pvt. Ltd. 5 patients with spur/fasciitis were given a total of 3 sessions of VIPP treatment. First and second sessions were given at an interval of 3 days, while the 3rd session was given a week following 2nd session. 200-500 shocks were given at intensity level 2-4. Pain relief was the immediate effect noticed. At 3-4 weeks follow-up, all patients were pain free and had improved comfort in walking ability. All patients have stopped pain medications.

“It is amazing to see positive results in a short period of time. Being a non-invasive, drug and side effect free procedure with no hospitalization requirement, CellSonic VIPP is a hit among patients with calcaneal spur/fasciitis”, says Dr. Mahajan.