

Service Evaluation of Foot and Ankle Extra-Corporeal Shockwave Therapy

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Background

Extra-Corporeal Shockwave Therapy (ESWT) is an established non-surgical treatment for tendinopathy and plantar fasciitis. The foot and ankle service at GSTT has been running a dedicated ESWT clinic since 2014. Despite widespread use, robust long-term outcome data from our patient cohort have not been systematically analysed. This evaluation was undertaken to assess the efficacy of our service and inform future commissioning decisions.

Aims

To evaluate the clinical outcomes of patients treated with ESWT for Achilles tendinopathy and plantar fasciitis within the GSTT foot and ankle service.

Objectives

1. Collect and analyse patient-reported outcome measures (PROMs) for all patients treated with ESWT. 2. Assess response rates to treatment at standard follow-up timepoints. 3. Review radiology reports where available to correlate with clinical outcomes. 4. Identify any factors predictive of treatment success or failure in this cohort.

Guidelines

NICE IPG311 (Extracorporeal shockwave therapy for refractory Achilles tendinopathy)

Keywords

ESWT, shockwave therapy, Achilles tendinopathy, plantar fasciitis, PROMs, foot and ankle