

## **Efficacy of electro-acupuncture in chronic plantar fasciitis: a randomized controlled trial.**

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### **Abstract**

The aim of the study was to investigate the efficacy of electro-acupuncture coupled with conventional treatments and compare it with the efficacy of conventional treatments alone in patients with chronic plantar fasciitis. Thirty patients with chronic refractory plantar fasciitis were randomly assigned to two groups. Subjects in the control group received five weeks of conventional treatments, including stretching exercise, shoe modification and rescue analgesics. Subjects in the acupuncture group received the same treatments plus ten sessions of electro-acupuncture twice weekly. Endpoints included a success rate determined by a minimum of a 50% decrease in Visual Analog Scale (VAS) and Foot Function Index (FFI). At the end of treatment, VAS decreased significantly from  $6.00 \pm 1.69$  to  $1.89 \pm 1.59$  and from  $6.27 \pm 2.34$  to  $5.40 \pm 2.26$  in the acupuncture and control groups, respectively. FFI decreased significantly only in the acupuncture group ( $p < 0.05$ ). Subjects in the acupuncture group obtained higher success rates than those in control group (80% and 13.3%, respectively). FFI in the acupuncture group was better than those in the control group ( $p < 0.001$ ). At the sixth week follow-up, subjects in the acupuncture group showed a better FFI and success rate for pain during the day than those in the control group ( $p < 0.05$ ).

Electro-acupuncture coupled with conventional treatments provided a success rate of 80% in chronic plantar fasciitis which was more effective than conventional treatments alone. The effects lasted for at least six weeks.

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