

PLANTAR FASCIITIS MANAGEMENT: ABOUT 80 CASES.

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INTRODUCTION

The plantar fascia is a fibrous blade leaving the heel and joining the base of the toes. It stresses the arch and contributes to the damping of receptions, it also transmits the contraction forces of the calf to the end of the foot and ensures the end of the propulsion. By multiplying the impacts on the heels and the tensioning, she may be a victim of micro-tears, most often at her weak point, in her attachment zone on the calcaneal bone. This inflammation is called plantar fasciitis or plantar fasciitis

GOAL

Observe in real time the management of patients with plantar heel pain syndrome

MATERIALS AND METHODS

It is a descriptive study of 80 cases of plantar fascia lesions extracted from a global file of 197 cases of patients who were treated for chronic algia of the heel and posterior third of the plantar region. It took place over a period of two years from 2014 to 2016 in the Department of Physical Medicine and Rehabilitation of the Army Teaching Hospital Omar BONGO ONDIMBA Libreville.

We included in this study adult patients of both sexes, who reported pain of the posterior 1/3 of the plantar region. The studied variables: the age, the sex, the index of body mass, the activity exerted, the data of the imagery.

RESULTS

We have listed 80cas of plantar fascia lesion

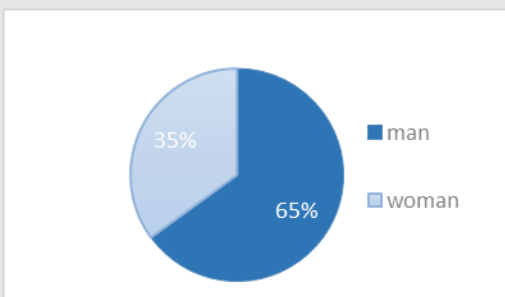


Figure-1: Attack by Gender

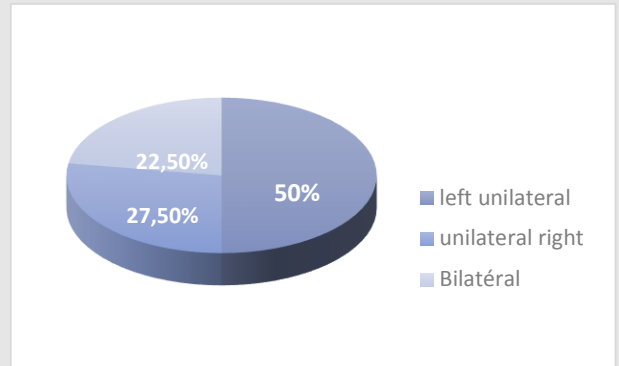


Figure-2: Seat of lLesions

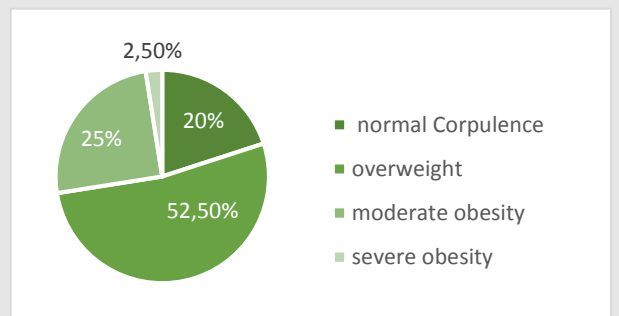


Figure-3: Evaluation of the Body Mass Index

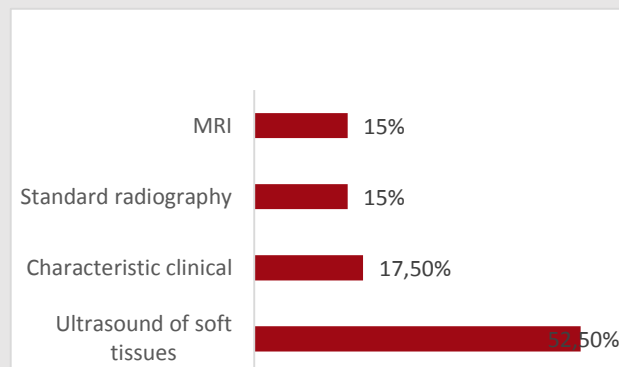


Figure-4: Positive diagnosis

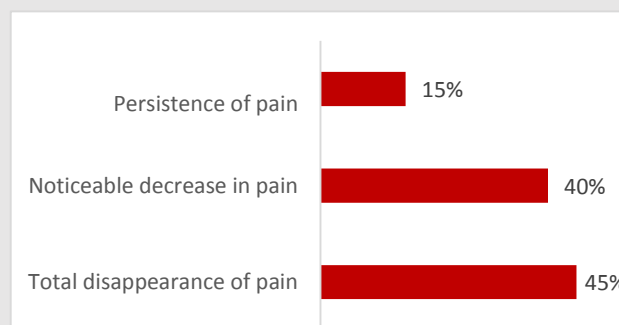


Figure-5: Evolution of Pain by Visual Analogue Scale

CONCLUSION

The purpose of the management of plantar fasciitis is to relieve pain and restore function. It requires the simultaneous use of conventional therapeutics. The tendency to chronicity of this pathological process disappoints the patients but also the doctors. The results of our study illustrate the complexity of this treatment and the uncertainty of their future.