

SPORTS



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New Treatment for Heel Pain

The doctors at Manhattan Podiatry Associates are utilizing Extracorporeal Shock Wave Therapy (ESWT) for chronic heel pain, which is usually treated with stretching exercises, orthotics, anti-inflammatory medications, physical therapy and cortisone injections.

If conservative treatments have failed, you should consider ESWT. This new therapy sends pulses of rapid-fire sound waves to the site of the injury. The tissue is broken up, creating little tunnels through which new blood vessels can grow. The increased blood supply allows the tissue to heal.

ESWT treatments have been successful in Europe, and American trials have shown ESWT to be 80%-85% effective.

Manhattan Podiatry Associates, under the direction of Dr. John E. Mancuso, is accepting patients for an FDA-approved study of a newer ESWT device. Patients who qualify will receive treatment at no cost. This is a double-blind placebo study with a followup of 12 weeks. Criteria includes symptoms and failed conservative care for at least six months. The patient must be in good health.

If you are interested in receiving ESWT or participating in the study, call (212) 759-9090.