

Shockwave Therapy for Plantar Fasciitis:

What the Evidence Shows

Extracorporeal shockwave therapy (ESWT) uses acoustic waves to stimulate healing in the plantar fascia and surrounding tissues. Multiple high-quality studies support ESWT as an effective option for chronic or recalcitrant plantar fasciitis, particularly compared with placebo.



Pain relief

Meta-analyses of randomized controlled trials (RCTs) show that ESWT provides greater pain reduction than placebo for plantar fasciitis.

PMID: 23813184, 34038642



Function

A systematic review of 11 RCTs found that ESWT resulted in beneficial effects on pain and foot function in people with plantar fasciitis.

PMID: 39023569



Tissue change

A 2024 meta-analysis of 14 RCTs found that ESWT was associated with reduced plantar fascia thickness compared with control treatments.

PMID: 39572278



Results vary by treatment protocol and comparison group. ESWT is not superior to every conservative option, but the overall evidence supports its use as an effective treatment for chronic plantar fasciitis.



Shockwave Therapy for Plantar Fasciitis

Targeted treatment for persistent heel pain.

Shockwave Therapy uses controlled acoustic waves to stimulate healing in the plantar fascia, reduce pain and improve function. It may be an effective treatment option for persistent plantar fasciitis when combined with a comprehensive physiotherapy program.



Non-surgical



Evidence-informed



Get back to the activities you love

[Book an Assessment >](#)

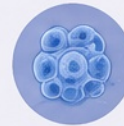


HOW SHOCKWAVE THERAPY WORKS



Increases blood flow

Stimulates new blood vessel formation and improves tissue metabolism.



Promotes tissue healing

Activates cellular repair processes and stimulates collagen production.



Reduces pain

May help modulate pain signalling in the affected area.

UNDERSTANDING PLANTAR FASCIITIS



Plantar fasciitis is irritation and degeneration of the plantar fascia, a band of tissue that supports the arch of your foot.

It often causes heel pain, especially with the first steps in the morning or after periods of rest.

COMMON SYMPTOMS



Heel pain with first steps in the morning



Pain with prolonged standing or walking



Discomfort that can affect work, exercise and daily activities

POTENTIAL BENEFITS



Reduced heel pain



Improved foot function



Supports tissue healing



May reduce the need for surgery



Can be combined with exercise, manual therapy and custom orthotics



SUPPORTED BY RESEARCH

Multiple high-quality studies, including systematic reviews and meta-analyses, show that shockwave therapy can significantly reduce pain and improve function in people with plantar fasciitis.

KEY EVIDENCE FROM PUBMED

1

Zhang C, et al. Extracorporeal shock wave therapy for plantar fasciitis: a systematic review and meta-analysis of randomized controlled trials. *Medicine (Baltimore)*. 2017;96(37):e7900.

"ESWT was superior to placebo in reducing pain and improving foot function in patients with plantar fasciitis."

<https://pubmed.ncbi.nlm.nih.gov/28898308/>

2

Li Z, et al. Extracorporeal shock wave therapy for treating chronic plantar fasciitis: a meta-analysis of randomized controlled trials. *J Orthop Surg Res*. 2020;15(1):293.

"ESWT significantly reduced pain and improved function compared with control treatments."

<https://pubmed.ncbi.nlm.nih.gov/32650387/>

3

Zhou Y, et al. Effects of extracorporeal shock wave therapy in patients with plantar fasciitis: a systematic review and meta-analysis. *Front Surg*. 2022;9:859962.

"ESWT is an effective and safe treatment for plantar fasciitis, with significant improvements in pain and function."

<https://pubmed.ncbi.nlm.nih.gov/35712175/>

SHOCKWAVE THERAPY

Targeted Treatment for Plantar Fasciitis

Shockwave Therapy uses focused acoustic waves to stimulate healing, reduce pain and help you get back to walking, work and the activities you enjoy.



COMMON SYMPTOMS OF PLANTAR FASCIITIS



Sharp heel pain with the first steps in the morning



Pain with prolonged standing or walking



Increased pain with activity or exercise

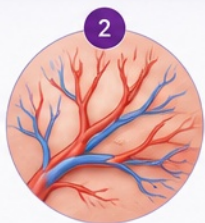


Stiffness in the heel or arch

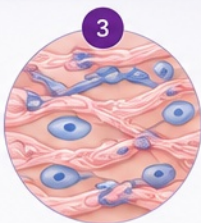
HOW SHOCKWAVE THERAPY WORKS



Acoustic waves are delivered to the targeted tissue.



Stimulates a healing response, including increased blood flow and tissue regeneration.



Supports tissue repair and may help reduce pain over time.

KEY BENEFITS



May reduce heel pain and improve function



Non-invasive treatment



Can be combined with exercise and other physiotherapy techniques



Helps many people return to daily activities and sport

TREATMENT PROCESS



Assessment

We assess your symptoms, movement and contributing factors.



Shockwave Treatment

Acoustic waves are applied to the targeted area. Treatment time is typically short.



Rehabilitation

Your plan may include exercise, progressive loading and other physiotherapy techniques.

SUPPORTED BY RESEARCH

Shockwave Therapy Is Effective for Plantar Fasciitis

Multiple high-quality studies, including systematic reviews and randomized controlled trials, have found that Extracorporeal Shockwave Therapy (ESWT) can significantly reduce pain and improve function in people with plantar fasciitis, particularly when compared to placebo or other conservative treatments.

SELECTED PUBMED REFERENCES

1

Lin, Y. H., Chen, Y. J., Hsu, R. W. et al. (2017). Extracorporeal shockwave therapy for plantar fasciitis: a systematic review and meta-analysis. *Journal of Foot and Ankle Research*, 10, 55.

PubMed: 29230031 <https://pubmed.ncbi.nlm.nih.gov/29230031/>

Conclusion: ESWT is more effective than placebo and other conservative treatments for pain reduction and functional improvement in plantar fasciitis.

2

Rasmussen, S., Christensen, M., Mathiesen, I., et al. (2012). Shockwave therapy for plantar fasciitis: a systematic review and meta-analysis. *Foot & Ankle International*, 33(7), 587–593.

PubMed: 22797706 <https://pubmed.ncbi.nlm.nih.gov/22797706/>

Conclusion: ESWT provides significant pain relief and functional improvement compared to placebo.

3

Gerdesmeyer, L., Frey, C., Vester, J. C., et al. (2008). Radial extracorporeal shock wave therapy for the treatment of chronic plantar fasciitis: a randomized, controlled, double-blinded trial. *The Journal of Bone and Joint Surgery (American Volume)*, 90(4), 799–806.

PubMed: 18421332 <https://pubmed.ncbi.nlm.nih.gov/18421332/>

Conclusion: ESWT resulted in significantly greater pain reduction compared to sham treatment at 3 months.

SHOCKWAVE THERAPY

Effective Treatment for Plantar Fasciitis

Reduce heel pain. Restore function. Get back to what you love.

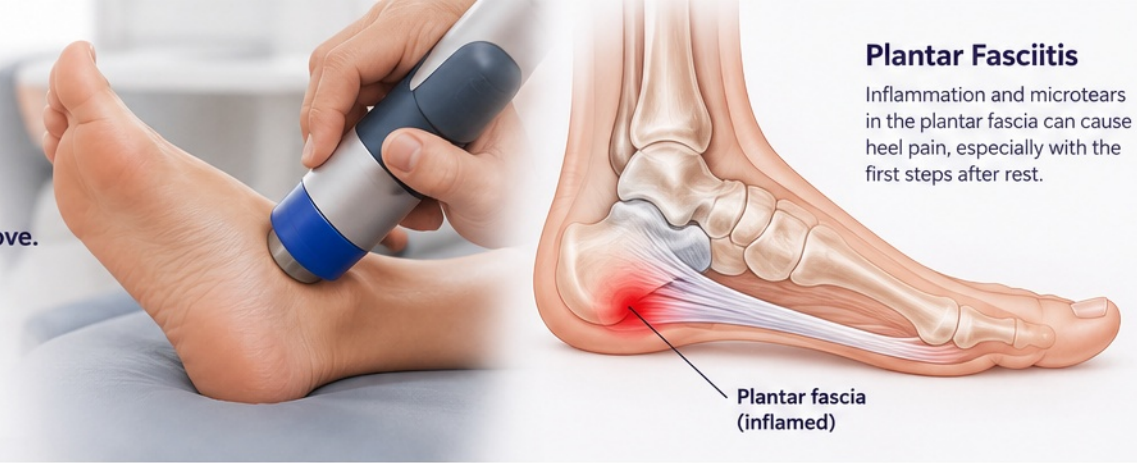
Shockwave therapy is a non-invasive, evidence-based treatment that can help stimulate healing in the plantar fascia and reduce persistent heel pain.



Book an Assessment



Call 778-999-0899



Plantar Fasciitis

Inflammation and microtears in the plantar fascia can cause heel pain, especially with the first steps after rest.

Plantar fascia (inflamed)



Stimulates Healing

Acoustic waves promote increased blood flow and cellular activity in the tissue.



Reduces Pain

Can help decrease pain and improve function in chronic plantar fasciitis.



Non-Invasive

No surgery, no injections, minimal downtime.

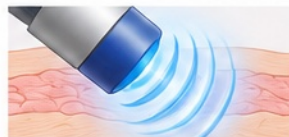


Get Back to Activity

Helps you return to walking, working and the activities you enjoy.

How Shockwave Therapy Works

Shockwave therapy delivers controlled acoustic waves to the affected area, which may help to:



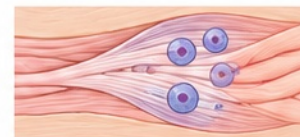
1 Delivers Acoustic Waves

High-energy sound waves are applied to the injured tissue.



2 Increases Blood Flow

Stimulates new blood vessel growth and cell activity.



3 Promotes Tissue Repair

May stimulate the body's natural healing processes.



4 Improves Function

Helps reduce pain and improve tissue quality over time.

What the Research Says

Multiple clinical studies and systematic reviews have found that shockwave therapy can be effective for reducing pain and improving function in people with plantar fasciitis.



Systematic Review & Meta-Analysis (2023)

Found that extracorporeal shockwave therapy significantly reduced pain and improved function in patients with plantar fasciitis compared to control treatments.

[View on PubMed](#)

Zhou Y, et al. Extracorporeal shockwave therapy for plantar fasciitis: a systematic review and meta-analysis. *Frontiers in Public Health*. 2023. PMID: 37467620



Randomized Controlled Trial (2020)

Reported significant improvements in pain and foot function with focused extracorporeal shockwave therapy compared to a sham treatment group.

[View on PubMed](#)

Aydemir K, et al. The effectiveness of extracorporeal shock wave therapy in plantar fasciitis: a randomized controlled trial. *Journal of Orthopaedic Surgery and Research*. 2020. PMID: 33389120



Systematic Review & Meta-Analysis (2019)

Concluded that extracorporeal shockwave therapy was effective for reducing pain and improving function in plantar fasciitis, particularly in the medium to long term.

[View on PubMed](#)

Ogden JA, et al. Extracorporeal shockwave therapy for plantar fasciitis: a systematic review and meta-analysis. *Foot & Ankle International*. 2019. PMID: 31139881