

Extracorporeal Shock Wave Therapy and Ultrasound Waves Effectively Reduce Symptoms of Chronic Calcaneal Spur

Pawel Lizis^{1*}, Wojciech Kobza², Grzegorz Manko³, Barbara Para⁴, Jaroslaw Jaszczur-Nowicki⁵ and Jacek Perlinski⁶

¹Department of Education and Health Protection, Holycross College, Kielce, Poland

²Physiotherapy Laboratory, Zywiec, Poland

³Department of Ergonomics and Physiology of Physical Effort, Jagiellonian University, Cracow, Poland

⁴Global Care Clinical Trials, Ltd., Bannockburn, Illinois, USA

⁵Department of Tourism, Recreation and Ecology, Faculty of Environmental Sciences, University of Warmia and Mazury, Olsztyn, Poland

⁶Department of Health Sciences, University of Humanities and Economy, Elblag, Poland

*Corresponding author:an

a week for 2 weeks. After the treatment it turned out that both methods decreased pain, but the shock waves therapy demanded less sessions to get the analgesic effects, thanks to which the treatment costs are low [8].

The described results show that different doses of ultrasound waves as of shock waves used by different authors significantly decrease pain and improve the patients' suffering from calcaneal spur associated with plantar fasciitis inflammation, quality of life. However, two comparison researches prove that shock waves are more effective in decreasing pain than ultrasound waves. It is necessary to point out that health effects depend on different factors, such as R t