

12th International Conference on

ORTHOPEDICS, OSTEOPOROSIS & TRAUMA

November 13-14, 2019 | London, UK

A prospective study of surgical excision of calcaneal spur for relief of chronic heel pain

Kishore Vellingiri

Sri Devaraj URS Medical College, India

Objectives: To assess the subjective and functional outcome of calcaneal spur excision with respect to relief of chronic heel pain and to evaluate for possible complications following surgery

Methods: 30 patients attending inpatient and outpatient services of the Department of Orthopedics, RL JH Karnataka, diagnosed with calcaneal spur based on clinical suspicion and confirmed radiologically, were recruited for the study after obtaining informed consent. Routine blood investigations were performed. Severity of the condition was assessed by visual analog scale for the pain and Roles Maudsley score. Functional outcome of the surgery was assessed by ankle and hind foot scale estimated before and after surgery.

Results: 30 patients, sample population was predominantly female aged (60%). Symptom duration was more than 6 months in all patients with failed conservative management. All 30 patients underwent plantar approach for spur excision. All 30 patients were followed up at 6 months. Preoperative VAS pain score was 7.07 ± 0.82 and mean VAS score at 6 months follow up was 3.60 ± 0.56 . Mean ankle and hind foot scale preoperative and at 6 months were 56.73 ± 3.92 and 83.40 ± 4.59 respectively. Roles Maudsley score, showed mean score of 3 (significant improvement from pre- treatment).

Conclusion: Spur excision is found to be highly effective in relief of chronic heel pain in patients of calcaneal spur. More studies in larger population groups are needed to further validate this study.



Pre and post-operative x-ray of right foot lateral view following medial approach for calcaneal spur

Biography

Kishore Vellingiri, second year of postgraduation in orthopedics. His interested in doing research work and nature lover and am good in playing kabaddi and cricket.

Kishorembbs13@gmail.com