

Radiofrequency Therapy

for treating chronic foot pain

What is Foot Pain? Pain can manifest in several areas within the foot, particularly at the heel and near the toes. These occurrences can be the result of injury, as well as changes in anatomy and/or patient lifestyle. Pain in the heel has been the most common complaint; however, many patients report pain near the toes, often due to compression and irritation of the nerves.¹

How do I know if I have nerve-related foot pain? The foot is susceptible to multiple injuries and inflammatory conditions that can be treated via RF Therapy.² Moreover, patients who have been treated previously with physiotherapy or orthotics may continue to experience pain.

Patients who feel a sensation such as burning, tingling, or numbness may be affected by peripheral nerve entrapment,³ either in the heel or at the toes. Entrapment results when inflamed and swollen ligaments, tendons, and muscles constrict the narrow areas in which nerves pass.⁴

However, some patients may not experience the above-mentioned symptoms. Instead, they may have pain radiating along the foot upon waking in the morning or upon standing up after an extend period seated;³ this pain may be temporary or remain present throughout the day.

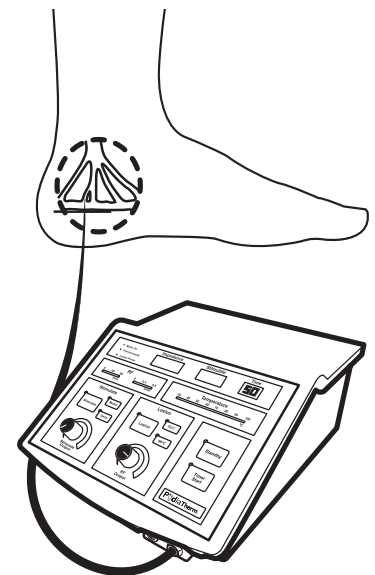
What is RF Therapy? RF Therapy uses radiofrequency energy to disrupt nerve function. When this is done to a peripheral nerve, such as that found in the foot, the nerve can no longer transmit pain from the site.

What happens during RF Therapy? No general anesthetic is used during RF Therapy. However, a local anesthetic may be used to numb your skin. The doctor will then insert a thin needle near the point of pain. An ultrasound image may or may not be used to position this needle.

The doctor will then check to make sure the needle is at the correct nerve by stimulating the nerve. This may cause muscle twitching and provoke some of your pain.

Once the needle is properly placed, the area will be numbed. Radiofrequency energy will then be used to disrupt the problem nerve. This is often performed at more than one location along that nerve to ensure that the pain has been alleviated.

This information sheet is intended to explain Radiofrequency Therapy, also known as RF Therapy. Your physician can explain if RF Therapy is appropriate for you.



The PodiaTherm RF Generator is used to apply a radiofrequency current to the nerves within the foot.

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RF for Pain Management

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There are no specific pre-therapy activities that a patient must take. Your physician may request that you apply ice packs a day or two before treatment to reduce the inflammation in the area to be treated.

What happens before RF Therapy?

You will be monitored after the RF Therapy. When you are ready to leave, the clinic will give you discharge instructions. Since only the local area has been numbed, you should be able to walk out of the clinic on your own. Take it easy for the rest of the day.

What happens after RF Therapy?

You may also be given a pain diary. It is important to fill this out because it helps your doctor know how the RF Therapy is working.

You may feel sore for one to four days. This is normal. It may be due to muscle and nerve irritation as well as because of the procedure. Your foot may feel weak, numb or itchy for a couple of weeks. Full pain relief normally comes in four to six weeks.

If you received RF Therapy for interdigital neuritis (pain at the toes), then the two toes that had been painful before the procedure may be numb post-therapy. This numbness may or may not be permanent.

Nerves regenerate after RF Therapy, but how long this takes varies. Your pain may or may not return when the nerves regenerate. If it does, another RF Therapy can be done.

How long can I expect pain relief?

References

1. Ayub, A.; Yale, S.H.; Bibbo, C. (2005). Common Foot Disorders. *Clinical Medicine & Research*, 3(2):116-119.
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4. NIH (2007). *Peripheral Neuropathy Fact Sheet*. National Institute of Neurological Disorders and Stroke. Last updated February 26, 2007. Retrieved March 19, 2007 from http://www.ninds.nih.gov/disorders/peripheralneuropathy/detail_peripheralneuropathy.htm

This pamphlet is for general educational purposes only. Specific questions or concerns should always be directed to your doctor, who can explain possible risks or side effects.

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Radiofrequency Generator

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B0701-0703 Printed In the U.S.A.