

TREATMENT OF PLANTAR FASCIITIS

C. MINIMALLY INVASIVE

CRYOSURGERY

- Freezing of ligament band and locally irritated nerves
- 14 minute in office procedure under local anesthetic
- Wound care is bandaid only, no stitches
- Return to work next day

D. OPEN SURGICAL RELEASE OF LIGAMENT

- Performed under IV Sedation
- Same day procedure
- Sutures for 14 days
- Cast Immobilization 1 week
- Return to sneakers 2-3 weeks



Family Foot & Ankle Specialists
12 Wills Way, Piscataway, NJ 08854 732-968-3833
349 Route 206 STE J, Hillsborough, NJ 908-874-8030
www.stopfootpainfast.com