



Radiofrequency Denervation for Chronic Foot & Ankle Pain Foot and Ankle Physicians, P.A.

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Approximately 40% of adults in the US experience foot problems. For many of them, the problems result in chronic pain that proves resistant to normal care. Because pain free ambulation is so crucial to most activities, chronic foot pain has strong potential to limit patients in their desired activities. Our practice has many resources for helping our patients get relief from chronic pain. Radiofrequency denervation shows promise as a treatment capable of relieving foot and ankle pain.

For more than a decade, physicians have used radiofrequency for pain relief. The great volume of published evidence to date (including multiple randomized, controlled trials) supports the use of radiofrequency for controlling chronic pain of the neck and back. Recently, a study was published demonstrating the effectiveness of radiofrequency in the upper extremity.

Patients tolerate the procedure well. Insurance typically reimburses for radiofrequency. It can be performed on an outpatient basis, and it can provide lasting relief even in patients with long standing pain.

At our practice, we typically perform a combination of pulsed and constant radiofrequency to maximize the positive outcomes. The recommended treatment plan may be 3 to 4 treatments per year. In recent months, we have performed radiofrequency for many cases of foot and ankle pain of varying causes. Radiofrequency denervation has proven successful for many of our practice's chronic foot and ankle pain patients. These results are particularly encouraging considering that each of these patients were experiencing chronic pain that proved resistant to normal care.