

# 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.<sup>1</sup>

**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.<sup>2</sup> 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,<sup>3</sup> 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.<sup>4</sup>

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;<sup>5</sup> this pain may be temporary or remain present throughout the day.

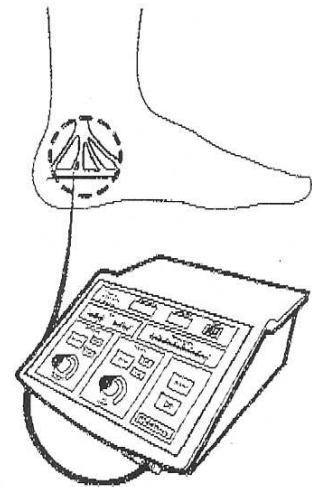
**What is RF Therapy?** RF Therapy uses radiofrequency energy to disrupt nerve function. When this is done to a peripheral nerve, such as that found in the foot, the nerve can no longer transmit pain from the site.

**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.

**NeuroTherm**  
RF for Pain Management