Keywords: Plantar fasciitis; Radial shock wave therapy

Aim.– To investigate the effect of radial shock wave therapy (RSWT) in chronic plantar fasciitis.

Material and methods.– Twenty-one patients: mean age=51.29 ± 2.02; duration=10.14 ± 1.11 months. VAS and the rating system of the American Orthopedic Foot and Ankle Society (AOFAS) were used for outcome measurement: before, after treatment, 3 months, 6 months and 12 months later.

Results.– VAS evolves heel pain at first steps in the morning from 6.28 ± 0.4 at baseline to 2.85 ± 0.48 after treatment and 0.52 ± 0.14 at 12 months follow-up (P < 0.001). Similar dynamics was observed regarding pain during daily activities, at rest, in the evening and upon compression. The score of AOFAS clinical rating system showed statistically significant reduction in pain – from 11.90 ± 2.35 to 31.90 ± 1.48 after treatment (P < 0.001), and 39.52 ± 0.47 one year later (P < 0.001). The mean values of activity limitations and support requirements increased from 3.85 ± 0.42 to 7.85 ± 0.46 after treatment and 9.71 ± 0.19 after 12 months (P < 0.001). Similar dynamics regarding walking distance and walking surfaces was observed. The gait abnormalities changed from 3.43 ± 0.50 at baseline to 6.28 ± 0.59 after treatment (P < 0.001).

Conclusion.– Our preliminary findings indicate that RSWT could be an effective treatment option for patients with chronic plantar fasciitis.

http://dx.doi.org/10.1016/j.rehab.2014.03.1193

P328-e

Problem based medicine – PMR

Interventionism. Minimally invasive techniques: A case of LBP management – Cost efficacy & efficiency

G. São Braz,*, A. Cruz, A. Neves, C. Machado

Unidade Hospitalar de Portimão (Centro Hospitalar do Algarve), Portimão, Portugal

Objectives.– Evaluate the efficacy of respiratory physiotherapy joined to IPV in stable adult bronchiectasis.

Methods.– Thirty subjects filled the inclusion criteria. Patients were evaluated before starting treatment, after 12 months, and at 1-year follow-up. Physical therapy consisted of breathing exercises and IPV. Three sessions were performed per week over 12 months.

Results.– The results of study showed significant improvement in activities of daily living (P < 0.005), on different surfaces (P < 0.001) and around obstacles (P < 0.008).

Conclusion.– Recent studies like this show that long walking tasks can be improved long after traditional rehabilitation for stroke has been completed. The improvement in walking short distances activity is quicker and more evident during the first six months. In our sample, walking short distances may have made a significant change in this acute period. The ICF could be considered as a tool for gathering information from stroke patients in terms of functionality.

http://dx.doi.org/10.1016/j.rehab.2014.03.1195

P329-e

The Bobath Concept in walking activity in chronic stroke measured through the ICF

M. Benito,*, A. Castrillo, M. Presa, C. López, E. Terradillos, A. Vaquero, B. Ruiz, E. Frontaura, M.Á. Atín

Lescer Centre, Madrid, Spain

Keywords: Bobath Concept; Stroke rehabilitation; ICF

Aim.– Repeated measures study. Subjects: 24 participants with chronic stroke (1–5 years post-stroke). Interventions: transdisciplinary approach based on the Bobath Concept principles over a six-month period. Main measures: the measures were mEiFAP, 10 m walk, 6 m walk test and their correlation into ICF qualifiers.

Results.– The results of study showed significant improvement in activities of walking long distances (P < 0.005), on different surfaces (P < 0.001) and around obstacles (P < 0.008).

Conclusion.– The Bobath Concept in walking activity in patients with chronic stroke and to show the ICF as a tool for gathering functioning information.

http://dx.doi.org/10.1016/j.rehab.2014.03.1196