

# AmnioFix® in the Treatment of Plantar Fasciitis at Orlando VAMC

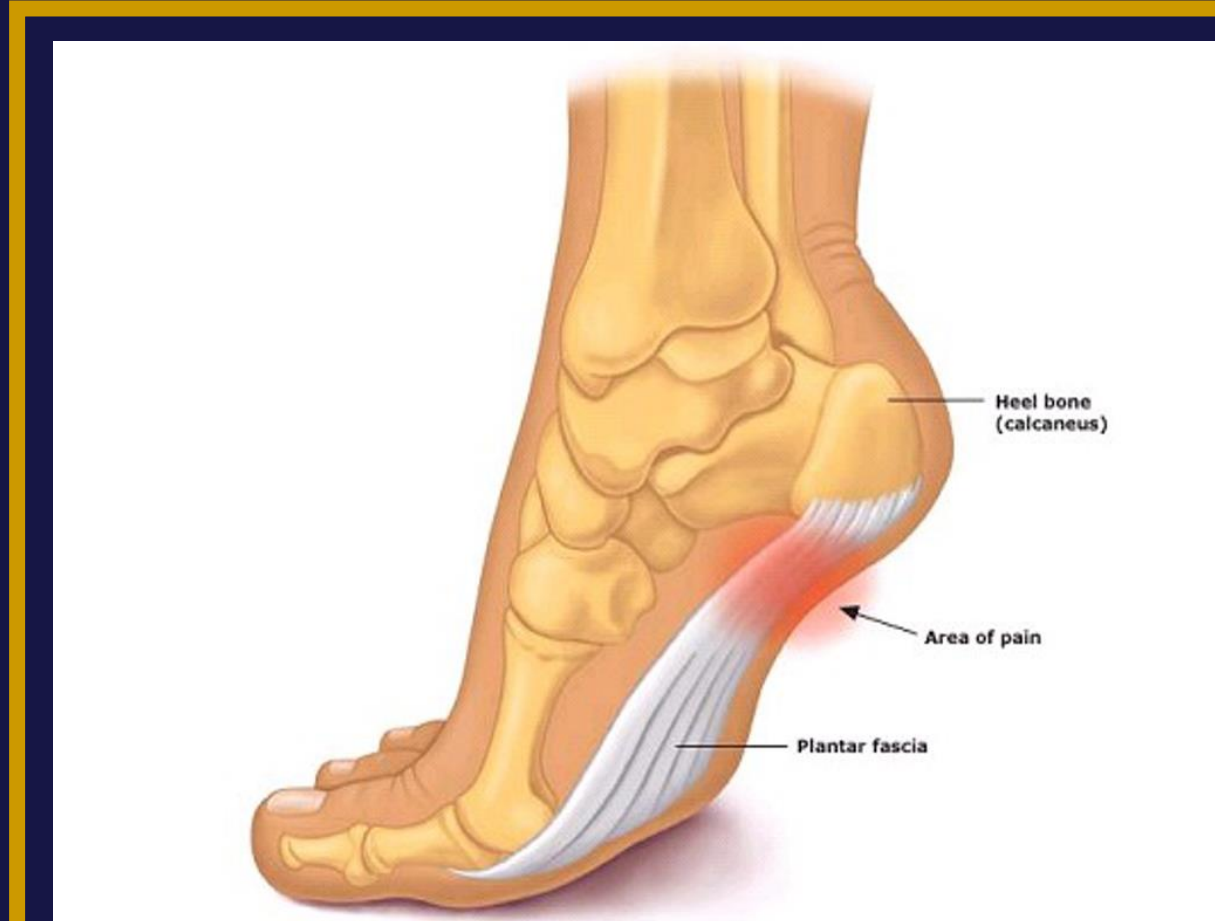


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## Background

- Over the time period of 1995-2000 approximately 1 million patient visits were made annually to treat plantar fasciitis. Inflammation of plantar fascia or plantar fasciitis is extremely common.
- Current treatment methods have focused around RICE (Rest, Ice, Compression, and Elevation). There are new technologies being used, but many of these therapies are expensive. Corticosteroid injections are given after conservative treatment is not effective, but their long term effectiveness is in question.
- Human amniotic membrane lines the innermost layer of placenta and amniotic cavity. AmnioFix® Injectable is a micronized dehydrated human amnion/chorion membrane allograft. AmnioFix may provide clinical benefit for soft tissue healing and inflammation reduction as well as provide an inflammation barrier.

## Plantar Fasciitis



## Amnion/Chorion Membrane



## CONCLUSION

In our patient population, a single AmnioFix injection was effective in decreasing the level of pain and increasing overall functionality in patients with plantar fasciitis. All but 3 patients treated with AmnioFix injection avoided surgical intervention.

## METHODS

- Patients were administered an injection consisting of 40 mg of AmnioFix reconstituted in 0.5 mL of normal saline. A local antiseptic preceded the injection.
- Patients were assessed at multiple time points 4 weeks, 8 weeks and 3 months.
- Patients were assessed to determine overall pain reduction and activity/function versus baseline.



## RESULTS

- 16/20 (80%) patients achieved complete pain reduction at 90 days post injection.
- 17/20 (85%) patients reported improvement in activity/function at 90 days post injection.

## References

1. Riddle, D.L. and Schappert, S.M. Volume of ambulatory care visits and patterns of care for patients diagnosed with plantar fasciitis: a national study of medical doctors. *Foot Ankle Int* 2004; (5): 303-10.
2. Young, C. In the clinic. Plantar fasciitis. *Ann Intern Med*, 2012. 156(1 Pt 1): p. ITC1-1, ITC1-2, ITC1-3, ITC1-4, ITC1-5, ITC1-6, ITC1-7, ITC1-8, ITC1-9, ITC1-10, ITC1-11, ITC1-12, ITC1-13, ITC1-14, ITC1-15; quiz ITC1-16.

## Plantar Fascia



## OBJECTIVE

We conducted a retrospective analysis of 20 patients from 3 VA facilities to identify the clinical value of a single 40 mg AmnioFix Injection for the treatment of plantar fasciitis.



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