**Comparison of vas pain score after infiltration of autologous blood injection**

**versus corticosteroid injection for the treatment of plantar fasciitis**

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**ABSTRACT**

**Objective:** ToCompare VAS pain score after infiltration of Autologous Blood Injection versus Corticosteroid Injection for the treatment of Plantar Fasciitis.

**Study Design:** A prospective, randomized, controlled, observer-blinded study

**Place and Duration:** Department of Orthopaedic Surgery, Services Hospital, Lahore over a duration of 6 months from 1st July to 31st December 2018.

# Methodology: Patients fulfilling the inclusion criteria were divided in two equal groups and were allocated to Autologous blood (Group A) and Corticosteroid (group B). VAS pain score after administrations was recorded before the treatment (baseline VAS) and at 3 months after treatment.  A *p* value of 0.05 was considered significant.

**Results:** A total number of 100 patients included in the study had pain more than 6 months duration. The mean baseline VAS score was 8.00 ± 0.88 with minimum and maximum of 5 and 9 respectively, at 3rd month it was 3.61 ± 1.27 (Ranging from 2 to 6). So, decrease was 4.39 ± 1.55 (in Autologous blood injection group 3.72 ± 1.34 and in Corticosteroid 5.63 ± 1.20).

**Conclusion:** There is a significantly greater pain reduction in plantar Fasciitis with corticosteroid than Autologous Blood Injection.

## Keywords: Plantar fasciitis, Pain, Treatment, Corticosteroid, Autologous blood injection, Visual analogue scale

**How to Cite This:**

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