

Response to Letter to the Editor: Ultrasound-guided injections for plantar fasciitis

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We are delighted that Analay et al.^[1] have expressed an interest in our randomized trial evaluating the effects of extracorporeal shock wave therapy, corticosteroid injection, and kinesiology taping on pain control and functional improvement in plantar fasciitis.

We agree with Analay et al.^[1] that ultrasonography-guided injections are safe and effective treatment modalities for chronic plantar fasciitis. Indeed, the absence of ultrasound guidance in our study may be considered a limitation.

In our study, corticosteroid injections were administered using a blinded technique, as described in previous studies.^[2,3] Injections were targeted to the most tender point of the medial calcaneal tubercle from the inferomedial side of the heel. All procedures were performed by an experienced physician.

Nonetheless, we acknowledge that ultrasound-guided corticosteroid injection, when performed with appropriate technique by experienced practitioners, is a reliable and effective option for chronic plantar fasciitis. We recognize this as a limitation of our study. However, it is important to note that the primary aim of our study was to compare the efficacy of different treatment modalities for plantar fasciitis, rather than to evaluate the guidance method itself.

In conclusion, we sincerely thank Analay et al.^[1] for their interest in our study and for highlighting the need for future studies on chronic plantar fasciitis. We are encouraged that our publication

has stimulated interest and discussion regarding the various therapeutic options available for chronic plantar fasciitis.

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