

USE OF A FOOD SUPPLEMENT AS A COMPLEMENT TO THE TREATMENT OF PLANTAR FASCITIS

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INTRODUCTION:

Talalgia is a very frequent clinical condition. There is no treatment option that has demonstrated clear evidence of benefit. In this paper we evaluate the effectiveness of a nutritional supplement (**Tenflex**[®]) combined with specific exercises and plantar supports.

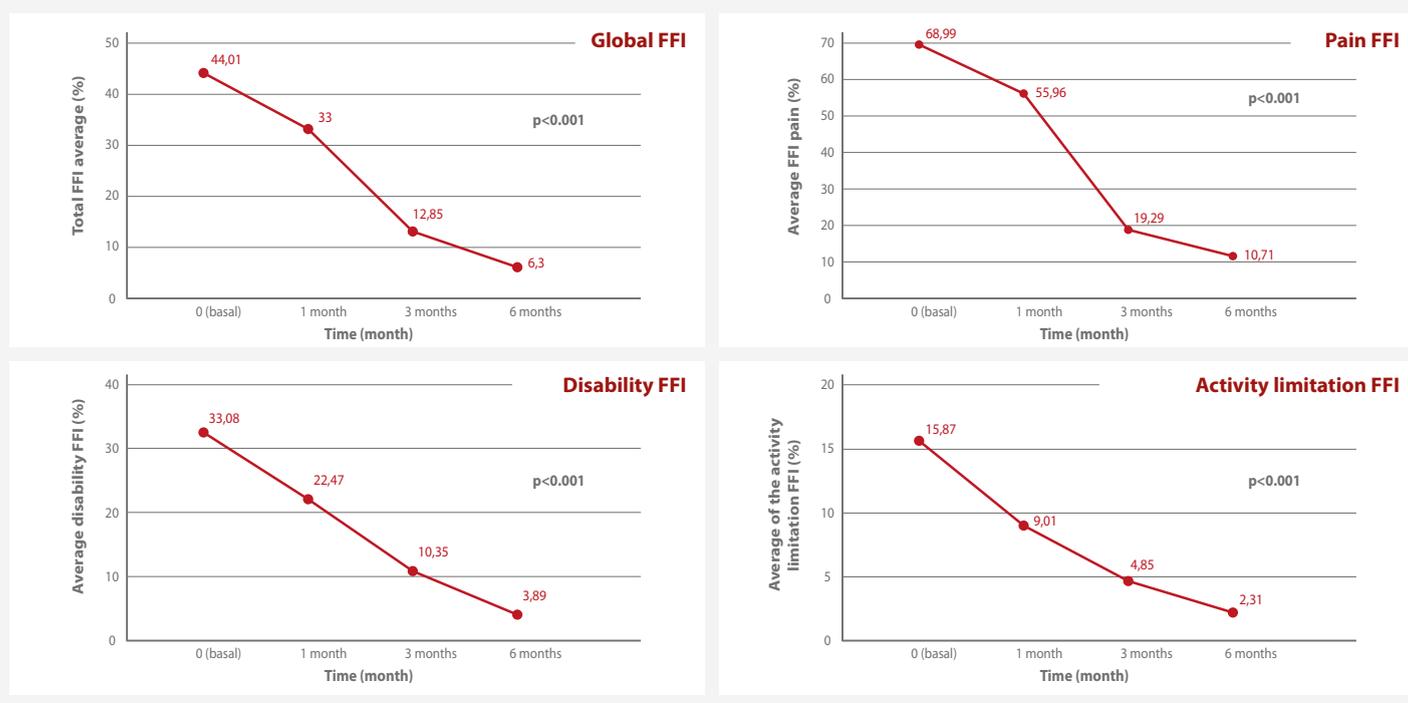
METHODS:

A series of prospective cases is presented with 25 patients diagnosed with plantar fasciitis. All patients had previously followed treatments. The patients carried out a treatment program based on plantar supports with rearfoot discharge and internal arch support and **Tenflex**[®], a food supplement based on chondroitin sulfate, bioactive collagen peptides and curcumin. **Tenflex**[®] was taken daily for 6 months in order to improve the histopathologic lesion underlying plantar fasciitis. The treatment was complemented with a daily exercise chart, as well as the use of appropriate footwear. A minimum follow-up period of 6 months was performed.

RESULTS:

Three patients abandoned the treatment one month after the beginning of the study to start other therapies, so the final sample was of 22 patients with an average age of 49.73 years (s.d.:11.01 years). The average time from the beginning of the symptomatology to the beginning of the treatment has been 6.5 months and all patients had followed previous treatments: mostly use of plantar supports (45.5%), also other types of treatments such as infiltrations (22.7%), NSAIDs at high doses (9.1%), combined physiotherapy treatment (9.1%), lidocaine patches (4.5%) or even fasciotomies (9.1%). **The initial mean pain measured with the VAS scale was 8.14 (sd: 1.61) which has been reduced to the average value of 1.82 (sd: 1.59) at the end of the study, finding a relevant clinical difference as statistically significant (Wilcoxon T = 0; p < 0.001).** These results were consistent with those obtained on the foot functionality scale using the FFI-Sp and the subscales (pain, disability and activity limitation) separately in all statistically significant differences were observed (Friedman, p < 0.001) between baseline result and other measurements at 1, 3 and 6 months.

Evolution of foot function index (FFI-Sp) and subscales

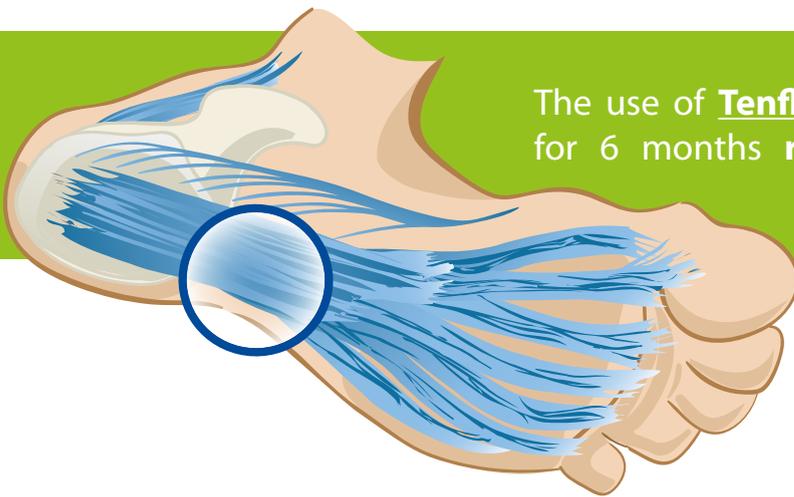


CONCLUSIONS:

The use of **Tenflex**[®] one sachet per day for 6 months, together with the use of plantar supports and appropriate exercise tables, could contribute to the elimination of the symptoms of plantar fasciitis, even after treatments that have not given the desired result.

Tenflex®

THE FOOD SUPPLEMENT THAT CONTRIBUTES TO IMPROVE THE SYMPTOMATOLOGY OF **PLANTAR FASCIITIS**



The use of **Tenflex®** + plantar supports + exercise tables for 6 months **reduces pain by more than 6 points** (VAS scale)

INGREDIENTS	QUANTITIES	%DRV
Collagen - Bioactive peptides	5000 mg	*
Chondroitin sulfate	1200 mg	*
L-arginine	1087,7 mg	*
Curcumin	187,5 mg	*
Vitamin C	80 mg	100
Silicon	15 mg	*
Zinc	10 mg	100
Manganese	2 mg	100
Copper	1100 µg	110

DRV: Dietary Reference Value

*: DRV not established

**SUCROSE FREE · GLUCOSE FREE
LACTOSE FREE · GLUTEN FREE**

