Pengaruh posisi pronasi dan lateral dekubitus serta manuver dorsofleksi dalam mengukur ketebalan fasia plantaris pada ultrasonografi plantar fasciitis = Decubitus lateral and prone position effects with or without dorsiflexion ankle maneuver in plantar fascia thicknes measurement of plantar fasciitis sonography

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Abstrak

[ABSTRAK
Tujuan. Studi ini merupakan studi ultrasonografi untuk menilai efektivitas proyeksi lateral dekubitus dibandingkan dengan proyeksi pronasi dengan atau tanpa manuver dorsofleksi dalam mendiagnosis plantar fasciitis.

Metode. 45 pasien yang terdiri atas 12 pasien memiliki keluhan di kedua kaki, 6 pasien memiliki keluhan di kaki kanan dan 15 pasien di kaki kiri. Pengukuran tebal fasia plantaris menggunakan proyeksi sagital di mana fasia plantaris melewati aspek anterior dari batas inferior tulang kalkaneus.

Hasil. Tidak terdapat korelasi hasil pengukuran ketebalan fasia plantaris antara posisi lateral dekubitus dan posisi pronasi dengan dorsofleksi (p=0,008) dan terdapat korelasi hasil antara posisi lateral dekubitus dan posisi pronasi tanpa dorsofleksi (p=0,064) pada kelompok plantar fasciitis. Posisi lateral dekubitus pada plantar fasciitis memiliki peningkatan rata-rata ketebalan fasia plantaris dibandingkan dengan posisi pronasi.

Kesimpulan. Posisi pronasi merupakan teknik yang umum dipakai dalam menilai plantar fasciitis, namun demikian proyeksi lateral dekubitus dapat menjadi teknik yang efektif dan memberikan kenyamanan bagi pasien plantar fasciitis dengan beberapa kondisi tertentu yang tentunya akan berguna bagi ahli radiologi dalam menjalankan praktek klinik.
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ABSTRACT
Objective. The purpose of this ultrasound study was to investigate the efficacy ofdecubitus lateral projection compared with prone projection and with or without dorsiflexion ankle maneuver in the detection of plantar fasciitis.

Methods. Fourty-five patients with right unilateral (n=6), left unilateral (n=15) and bilateral (n=12) heel pain andfourty-four age and sex matched healthy subjects were studied. Sagittal imaging of the plantar fascia was performed and its thickness was measured on both technic at a point where the plantar fascia crosses the anterior aspect of the inferior border of the calcaneus.

Result. There is no correlation was found between decubitus lateral projection and prone projection with dorsiflexion of plantar fascia thickness measurements (p=0,008) and there is a correlation was found between decubitus lateral projection and prone projection without dorsiflexion of plantar fascia thickness measurements (p=0,064)on plantar fasciitis group. Compared with the prone projection, patients with

decubitus lateral projection had increases in plantar fascia thicknesses.

Conclusions. Prone projection is the common technic in the assessment of plantar fasciitis, however decubitus lateral projections can also serves as an effective technic and comfortable position that can be used at plantar fasciitis patients with specific conditions which may be very useful for the radiologist in clinical practice., Objective. The purpose of this ultrasound study was to investigate the efficacy ofdecubitus lateral projection compared with prone projection and with or without dorsiflexion ankle maneuver in the detection of plantar fasciitis.

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