THE NATIONAL
APMA ANNUAL SCIENTIFIC MEETING
WASHINGTON, DC / JULY 12-15, 2018

APMA
AMERICAN PODIATRIC MEDICAL ASSOCIATION

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Treatment of Painful Heels Due to Medial Calcaneal Nerve

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Treatment of Painful Heels with 4% Alcohol Injection

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- Color Atlas & Text of Forefoot Surgery (Mosby 1992);
- Cutaneous Disorders of the Lower Extremity (WB Saunders 1997);
- Color Atlas of Foot & Ankle Dermatology (Lippincott 1999);
- Lower Extremity Soft Tissue & Cutaneous Plastic Surgery (Elsevier 2012)

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Examination of Plantar Fascia – Medial Calcaneal Condyle

Direct Pressure to fascia Insertion with Thumb

Direct Pressure to fascia Insertion with Finger
Diagnosis of Heel Pain

Inferior Calcaneal Bursitis
Diagnosis of Heel Pain

Retrocalcaneal Bursitis/AICT
Diagnosis of Heel Pain

Inferior Calcaneal Periostitis/Fracture

Pulling-Distraction causes increased discomfort
Diagnosis of Heel Pain

Piezogenic Papules

Diagnosis of Heel Pain

Piezogenic Papules

- P.T. Nerve, Tendon
- Area of MCN
- Insertion of PF
Diagnosis of Heel Pain

TARSAL TUNNEL SYNDROME

A Cause of Heel Pain

Heel pain accompanied by neuropathic features such as tingling, burning, or numbness may indicate tarsal tunnel syndrome, a compression neuropathy caused by entrapment of the posterior tibial nerve branches within the tunnel.

Diagnosis of Heel Pain

Insertional Plantar Fasciitis vs Medial Calcaneal Neuropathy
Medial Calcaneal Nerve Pain
Medial Calcaneal Nerve Pain

Photo courtesy of Stephen Barrett, DPM

Med. Cal. N.
Med. Plant. N.
Lat. Plantar N.
Origin of Plantar Fascia
Medial Calcaneal Nerve Pain
1st Branch of Lateral Plantar Nerve Pain (Baxter’s Neuritis)

1st Branch of Lateral Plantar Nerve Pain (Baxter’s Neuritis)

Treatment of Heel Pain

Medial Calcaneal Nerve Pain

My “Preferred Treatment”

Dilute solution (4%) of ethyl alcohol injected into medial calcaneal nerve region of heel.

Done once per week (or every 10 days) until symptoms resolve (up to seven injections)
4% Alcohol Injection Treatment of Painful Heels

**4 % ALCOHOL SOLUTION:**

48 cc of Local Anesthetic*

*(0.5% bupivacaine w/ epinephrine)*

+ 2 cc of Dehydrated Alcohol

= 50 cc of 4% Sclerosing
4% Alcohol Injection Treatment of Painful Heels

48 cc of Local Anesthetic*
*(0.5% bupivacaine w/ epinephrine)
+ 2 cc of Dehydrated Alcohol
**IMPORTANT**

- Make a **NEW** label for the bottle to prevent accidental injection of the 4% Alcohol Sclerosing Solution!
4% Alcohol Injection Treatment of Painful Heels

Add a NEW Label, 4% and Date Mixture Made
4% Alcohol Injection Treatment of Painful Heels

1. “This alcohol solution has a very high affinity for nerve tissue and it produces neuritis and Wallerian nerve degeneration (chemical neurolysis)”

2. May cause a fine thin fibrous scar when injected at the deep dermal layers.

INJECTION METHOD:
- 0.5 cc (1/2 ml) of 4% Alcohol Solution
- 27 gauge, 5/8 inch needle
- Inject proximal to nerve pain
- Repeat Weekly (5 - 10 days)
  - injections Minimum: 3  Maximum: 7
ICD-9 Diagnostic Codes:
Prior to 2016

- 355.8  neuritis, peripheral
- 355.9  nerve entrapment
- 997.61 amputation neuroma
- 956.4  nerve injury, skin/sensory
- 956.9  nerve injury, unspecified
- 729.5  pain, lower extremity
ICD-10 Diagnostic Codes:

355.8--neuritis, peripheral
   G57.6 Lesion of plantar nerve
      G57.60 ...... unspecified lower limb
      G57.61 ...... right lower limb
      G57.62 ...... left lower limb
   G57.8 Other specified mononeuropathies of lower limb
      G57.80 Other specified mononeuropathies of unspecified lower limb
      G57.81 Other specified mononeuropathies of right lower limb
      G57.82 Other specified mononeuropathies of left lower limb

355.9--nerve entrapment
   Neuropathy, neuropathic
   entrapment G58.9

977.61--amputation neuroma
   Complication (s) (from) (of)
   amputation stump (surgical) (late) T87.9
   neuroma T87.30

956.4--nerve injury, skin/sensory
   S94.3 Injury of cutaneous sensory nerve at ankle and foot level
      S94.30 Injury of cutaneous sensory nerve at ankle and foot level, unspecified leg
         S94.30XA ...... initial encounter
         S94.30XD ...... subsequent encounter
         S94.30XS ...... sequelae
      S94.31 Injury of cutaneous sensory nerve at ankle and foot level, right leg
         S94.31XA ...... initial encounter
         S94.31XD ...... subsequent encounter
         S94.31XS ...... sequelae
      S94.32 Injury of cutaneous sensory nerve at ankle and foot level, left leg
         S94.32XA ...... initial encounter
         S94.32XD ...... subsequent encounter
         S94.32XS ...... sequelae

And....
ICD-10 Diagnostic Codes:

**956.9--nerve injury, unspecified**

- **S94.8** Injury of other nerves at ankle and foot level
- **S94.8X** Injury of other nerves at ankle and foot level
- **S94.8X1** Injury of other nerves at ankle and foot level, right leg
  - **S94.8X1A** ...... initial encounter
  - **S94.8X1D** ...... subsequent encounter
- **S94.8X1S** ...... sequelae
- **S94.8X2** Injury of other nerves at ankle and foot level, left leg
  - **S94.8X2A** ...... initial encounter
  - **S94.8X2D** ...... subsequent encounter
- **S94.8X2S** ...... sequelae
- **S94.8X9** Injury of other nerves at ankle and foot level, unspecified leg
  - **S94.8X9A** ...... initial encounter
  - **S94.8X9D** ...... subsequent encounter
  - **S94.8X9S** ...... sequelae

**729.5--pain in lower extremity**

- **M79.66** Pain in lower leg
  - **M79.661** Pain in right lower leg
  - **M79.662** Pain in left lower leg
  - **M79.669** Pain in unspecified lower leg
- **M79.67** Pain in foot and toes
  - **M79.671** Pain in right foot
  - **M79.672** Pain in left foot
  - **M79.673** Pain in unspecified foot
  - **M79.674** Pain in right toe(s)
  - **M79.675** Pain in left toe(s)
  - **M79.676** Pain in unspecified toe(s)
MEDIAL CALCANEAL NERVE ENTRAPMENT
MEDIAL CALCANEAL NERVE ENTRAPMENT

Not All Heel Pain is Plantar Fasciitis or Insertional Fasciosis
2018 CPT Codes

- 64455: Injection(s), anesthetic agent and/or steroid, plantar common digital nerve (e.g. Morton’s Neuroma)
- 64632: Destruction by Neurolytic Agent; plantar common digital nerve or peripheral nerve (i.e. alcohol)
- 64632 has a 10 day global and can be used instead of 64640.
- Do not report 64632 and 64455 together
References


• Hyer CF, Mehl LR, Block AJ, Vancourt RB: Treatment of Recalcitrant Intermetatarsal Neuromas with 4% Sclerosing Alcohol. JFAS, 44(4):287-291, 2005.[73% improved]

• Mozena J, Clifford J: Efficacy of Chemical Neurolysis for Treatment of Interdigital Nerve Compression of the Foot. JAPMA 97(3):203-206, 2007. [74% w/ 5 or more inj = 74% improved]

Additional References

Dock Dockery, DPM
4% Alcohol Injections for Heel Pain

THANK YOU!
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