

ENDOSCOPIC SOFT TISSUE RELEASE SYSTEM

# Endoscopic Plantar Fasciitis Release Technique Guide



mission  
surgical  
innovations

**SafeView™**

360° Panoramic Visualization • Sterile Packaged • Fully Disposable

# IMPROVE

- ▶ O.R. Efficiency
- ▶ Surgical Results
- ▶ Cost Containment

## SafeView® Endoscopic Soft Tissue Release System



### *Next-Generation Features & Outcome-Driven Benefits*

#### **SafeView® Technology**

- Transparent cannula
- Minimized cannula size
- Minimized incision
- 360° panoramic visualization
- Limited displacement to adjacent structures
- Easier, less disruptive insertion

#### **Precision Control**

- Independently operate arthroscope and knife blade within cannula
- Proprietary track technology
- Unlimited view on demand
- Precise and repeatable tissue release

#### **Intuitive System**

- Ergonomic instrument design
- Universal scope compatibility
- Simplified surgical steps
- Easily assimilated into any practice

#### **Sterile Format**

- Provided sterile, single-use
- Save time, save money, reduce infection potential

For more info please visit us at **SafeViewSurgery.com**  
or call **856.242.6979**

# Plantar Fascia Release

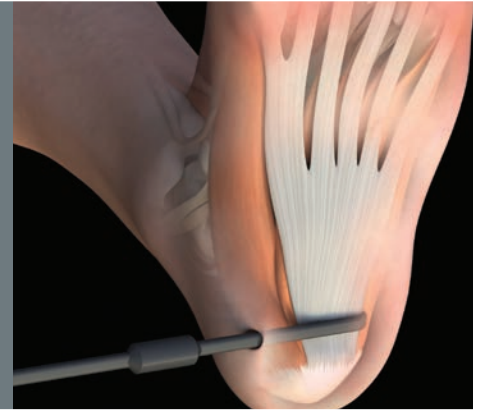
(1)

- Palpate the medial plantar calcaneal tubercle and make an incision 1-3mm distal and approximately 17mm above the plantar heel fat pad.



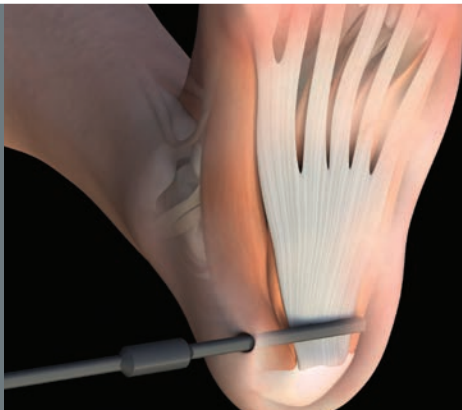
(2)

- Insert the elevator inferior to the plantar fascia ligament.
- A "washboard effect" will be felt as the elevator is moved along the inferior plane of the plantar fascia ligament.



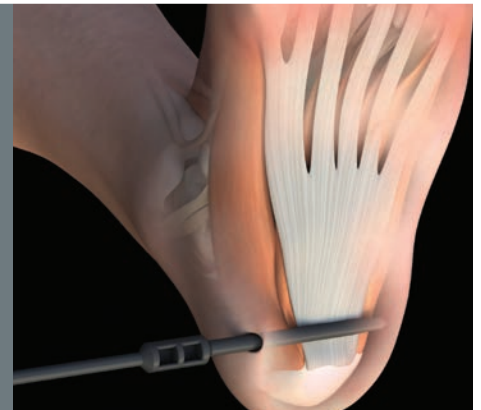
(3)

- Optional: Rasp may be used to clear away synovial tissue.



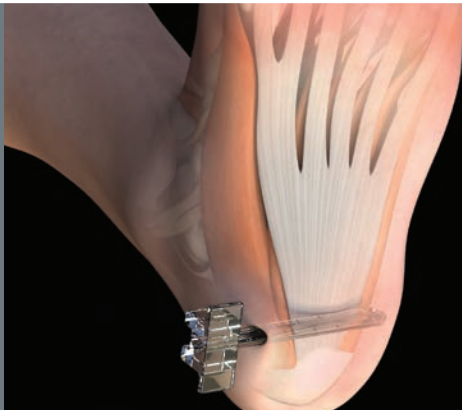
(4)

- Dilate the inferior plane of the plantar fascia ligament using the sequential dilators.
- Insertion depth varies based on patient size and body morphology.



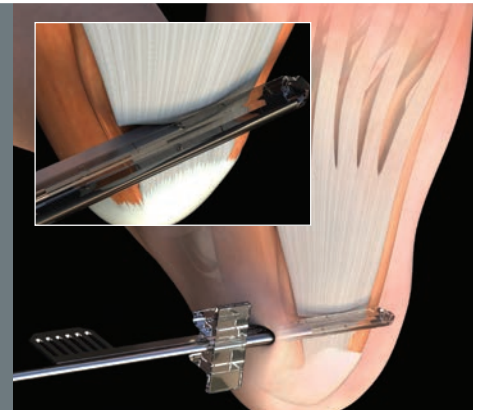
(5)

- Insert the SafeView™ cannula medially and palpate to the lateral edge of the plantar fascia ligament.
- Orient the SafeView™ cannula to allow the knife blade to cut superiorly while visualizing the protected fat pad below. Insert a 4mm 30° standard arthroscope, and visualize the ligament.



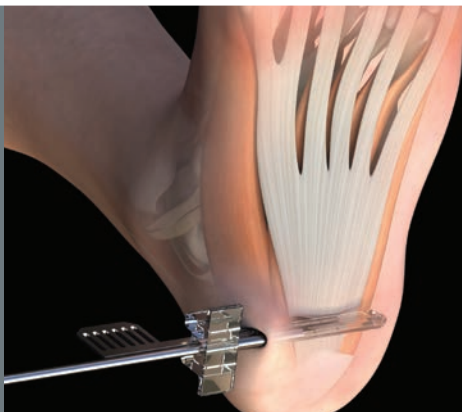
(6)

- Insert the forward cutting knife through the hub of the cannula.
- Retract the skin proximally and engage the medial edge of the plantar fascia ligament.
- Apply adequate pressure to incise the fascial bands, taking care to not violate the deeper intrinsic musculature.



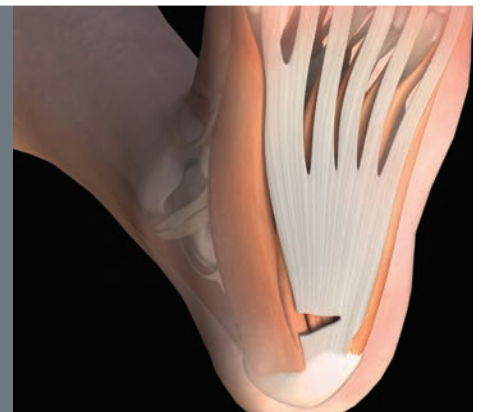
(7)

- Divide the ligament under direct visualization.

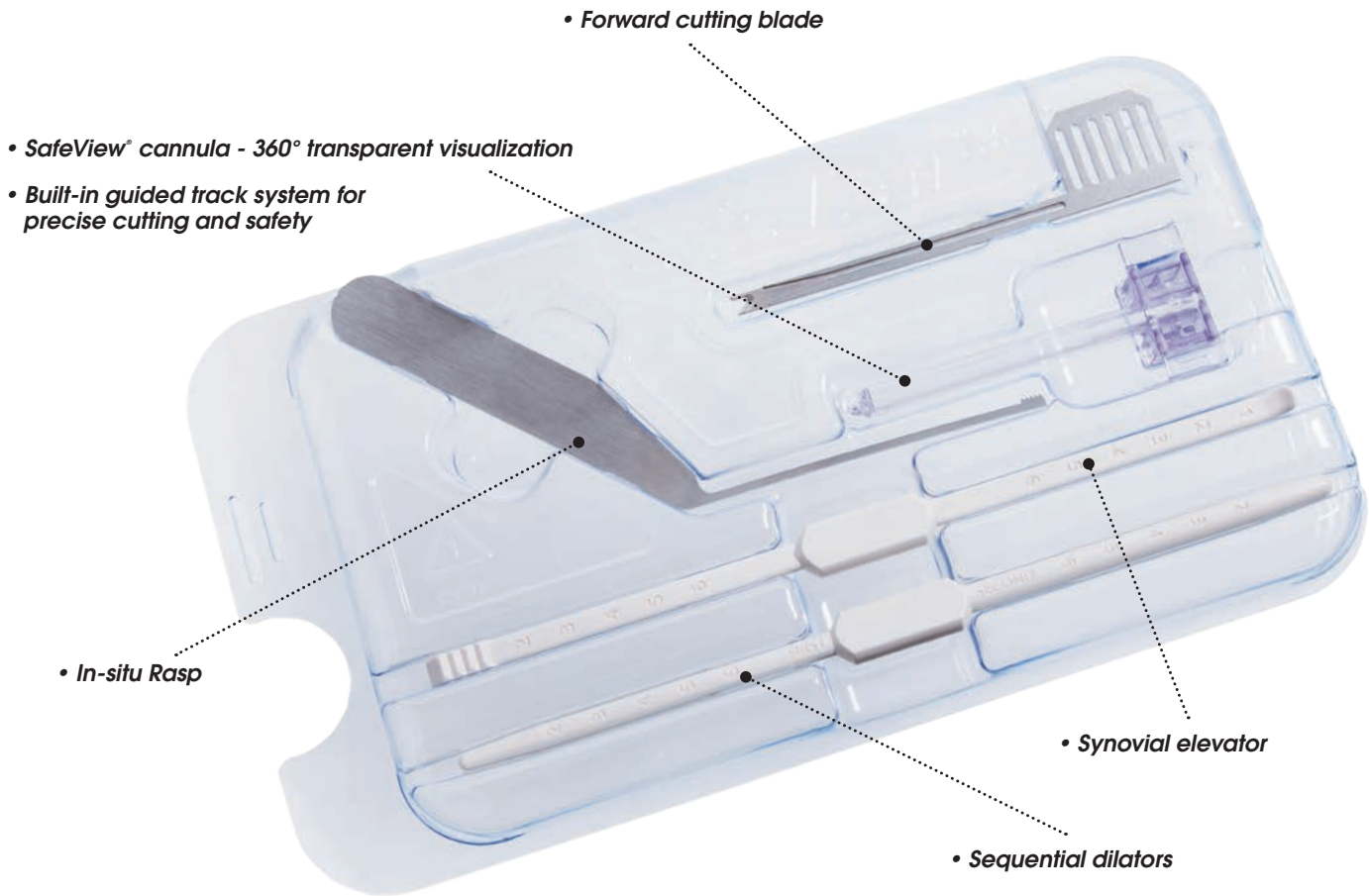


(8)

- Skin closure is achieved in the usual fashion. Apply a soft, mildly compressive dressing.



# SafeView<sup>®</sup> Components



## Ordering Information

Part Number	Description
1601.010	SafeView <sup>®</sup> Endoscopic Soft Tissue Release Kit

21st Century Solutions

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