

Painful piezogenic pedal papules - successful low level laser therapy

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SUMMARY

Painful piezogenic pedal papules may be very difficult to treat. We describe two patients with this condition successfully treated with a low-level laser. A two-week treatment protocol induced a relatively long-lasting pain relief without any side effects.

Introduction

Piezogenic pedal papules, first described by Shelley and Rawnsley (1), represent painless or painful papules, which appear on the side of the heel, usually on its medial aspect, when the patient is standing, and disappear on sitting or lying. The condition, if painful, may be very distressing and recalcitrant to treatment. Herein we have presented two patients with painful piezogenic pedal papules successfully treated with low level laser irradiation, which may be added to a rather long list of therapeutic modalities for this condition.

aspects of their heels, which cropped up on standing or walking and disappeared on sitting or lying. Both patients had noted the papules several months earlier but they had been completely painless and asymptomatic until a few weeks before the referral to our department. The number of lesions and their tenderness increased gradually.

Physical examination revealed a number of firm, skin-colored papules, 4-8 mm in diameter, while the patients were in an upright position and disappeared on sitting (Figure 1). In a recumbent position, at sites of larger papules, hollow depressions could be palpated. The female patient was biopsied. Histologic examination showed moderate acanthosis, marked hyperkeratosis and orthokeratosis. There were numerous perivascular spaces filled with fat tissue, mostly degenerated and acellular, without secondary deposition of connective tissue.

Case reports

Two patients, a 64-year-old man and a 63-year-old woman, presented with skin-colored, firm, painful papules and nodules distributed over lateral and medial

KEY WORDS

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