



At CFAI we specialize in Fat Pad Restoration to help decrease pain when surgery is not an option. This is part of our Regenerative Medical Therapy.

Fat pad injections in the feet involve injecting materials like hyaluronic acid fillers or a patient's own fat to restore cushioning to areas like the heel or ball of the foot, which can reduce pain from conditions like [fat pad atrophy](#). These injections are minimally invasive procedures that offer a long-term solution for foot pain for those who haven't responded to conservative treatments, but they may require follow-up procedures as the injected material can be absorbed by the body over time.

What fat pad injections are

- **A procedure to restore cushioning:**

Injecting dermal fillers or autologous fat (fat from the patient's own body) are used to restore the natural, protective fat pad in the feet.

- **For various conditions:**

These injections are used to treat conditions such as fat pad atrophy (thinning of the fat pad), metatarsalgia (pain in the ball of the foot), and painful calluses or scarring on the bottom of the feet.

- **A minimally invasive option:**

The procedure involves injecting the material into the affected areas, often the heel or the ball of the foot, through small needles.

How they work

- **Restoring cushioning:**

The injected material plumps up the area, creating a cushion that absorbs shock and reduces pressure on the bones in the foot.

- **For long-term relief:**

By restoring this cushioning, the injections can provide a long-term solution for pain caused by the thinning or deterioration of the natural fat pad.

- **A potential alternative to surgery:**



They are a good option for those who want to avoid more invasive surgical interventions.

Potential outcomes and limitations

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Improved pain and quality of life:

Studies have shown that fat grafting to the foot can lead to significant improvements in pain and quality of life.

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Loss of volume over time:

The body can reabsorb some of the injected material, which means that the results may diminish over time and subsequent procedures might be needed.

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Long-term improvements:

One study noted that improvements are often seen within the first six months and continue to improve for up to two years after the initial procedure.