



Common Clinical Treatment of Plantar Fasciitis: A Survey of Physical Therapists Practicing in the Northeast Region of the United States

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Background

According to the literature, physical therapists treat plantar fasciitis using many different interventions. However, most treatment methods lack the evidence based support regarding their effectiveness.

The goal of this study was to survey physical therapists in outpatient practice to determine the interventions they use to treat plantar fasciitis.

Summary

A total of 136 licensed physical therapists in the northeast region of the United States responded to the survey. Those who responded are currently practicing in orthopedics, and indicated having treated plantar fasciitis during the last 12 months.

Methods

Physical therapists in the North-eastern United States were invited to visit Survey Monkey to complete a 20 question on-line survey of treatment methods used in their practice with patients diagnosed with plantar fasciitis.

Results

The majority of survey respondents had 10 or more years of clinical experience (62.5%); treat approximately 6 to 10 patients diagnosed with plantar fasciitis over a 12 month period (32.4%); use ultrasound in their treatments for plantar fasciitis (76.1%); perform a deep friction massage (92.5%); and add a wide range of stretching activities.

Conclusion

Plantar fasciitis affects more than two million people per year and is one of the most common foot pathologies diagnosed in the United States [1-7]. Clinicians commonly apply local modalities, manual treatments and stretching techniques in spite of a general lack of clinical evidence to prove the effectiveness of

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were developed based on the literature surrounding the application of ultrasound, the frequency and duration of stretching and common

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