

Results

In this study the overall participation of female subjects was 37 percent. Around 46.2 percent of the subjects who received SWD treatment with self-stretching exercises reported that their pain has reduced significantly. Whereas the subjects who were receiving wax therapy around 38.5 percent reported that the pain was moderate after the intervention and 57.7 percent from the group said that they didn't encounter relief of pain at all. To assess the efficacy of treatment in both groups paired t test was done and found that both groups subjects showed some increase in range of motion which was statistically significant. Mean for group 1 is 0.540 (C.I lower 0.756 to upper 0.324, p=0.000) and the Mean for group 2 was 3.980 (C.I 4.384 to 3.576, p=0.000). Same analysis was done on VAS with respect to group 1 yielded a Mean of 0.900 (C.I 0.505 to 1.295, p=0.000) on the contrary group 2 fetched a Mean of 5.420 (C.I lower 5.105 to upper 5.735, p=0.000). By these results it is made sure that wax therapy and SWD can be used for treating heel pain on the other hand we must ascertain the best modality to treat among the two so, independent t-test was applied here to see the results. When considering the independent t-test analysis based on gained ROM it was the group 2 which was more effective than the group receiving wax therapy, (t=9.714, C.I lower 3.011 to upper 1.989, p=0.000) (Table 1). The

logistics dimension for both the therapist and the patient. In the epoch of 'Evidence based Practice' this research will be thought provoking and solid evidence tested empirically.

References

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