

Plantar Fasciitis: A Concise View on Physiotherapy Management

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Abstract

Plantar fasciitis is degenerative tendinosis of the plantar fascia. It is the most common cause of heel pain. It affects approximately 1 in 10 people in the world. The symptoms associated with plantar fasciitis are pain and tenderness on the inferior aspect of the calcaneum. Most of the cases respond to conservative treatment. The treatment options available are electrotherapy, manual therapy, exercises, taping, orthosis and footwear modifications. Most of the cases resolve in 12-18 months of treatment.

Keywords Plantar fasciitis; Conservative treatment; Physiotherapy

Introduction

Plantar fasciitis (PF) is the common cause for heel pain affecting roughly 10% population. It is one of the common reasons for outpatient visits in a hospital [1]. It was found that approximately 1 in 10 people will be diagnosed with PF during their life time [2] with women aged 40-60 years most commonly affected [3]. It affects both, people with sedentary lifestyle and athletic population due to chronic overload from lifestyle or exercises [4]. The plantar fascia is a dense, fibrous membrane spanning the length of the foot. It originates at the medial calcaneal tubercle, attaches to the phalanges, and provides stability and supports the arch of the foot [1]. More recently, the term plantar fasciitis has been replaced by plantar fasciopathy [5].

ball, etc. Strengthening exercises should include more of intrinsic