

Combination of Hip Strengthening and Stretching with Ultrasound Therapy for the Treatment of Plantar Fasciitis

Sudhakar D

Post graduate student, kg college of physiotherapy, coimbatore, India.

Email Id: ragasudharuthran@gmail.com

Abstract

Introduction: plantar fasciitis is one of the important painful condition seen among patients. it affects the middle age group especially obese male &female. plantar fasciitis is an overuse injury causing inflammation at the origin of the plantar fascia and is characterized by plantar heel pain that is provoked by taking the first few steps in the early morning and by prolonged standing.

Method: study type - effectiveness study. participants - total 15 participants are taken. duration - 3 weeks, 8 to 9 session

Result: Ultrasound therapy and gastrocnemius-soleus stretching with hip strengthening exercise were applied for three weeks (8 to 9 sessions) and they are reassessed for pain and range of motion. the values of pre and post treatment scores are compared.

Conclusion: Hence i was strongly suggest that the ultrasound therapy and gastrocnemius-soleus stretching with hip strengthening exercise provides a faster and better prognosis in management of plantar fasciitis.