



WEB OF SCIENCE

STUDY REGARDING THE EFFICIENCY OF PHYSIOTHERAPY IN PLANTAR FACIITIS

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Balneo and PRM Research Journal

DOI: <http://dx.doi.org/10.12680/balneo.2021.452>

Vol.12, No.3 September 2021

p: L90

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Abstract

Introduction. Plantar fasciitis is a relatively common disorder, affecting 1 in 10 people during their lifetime, more common in women and the athletic population, such as runners (8-10% of all runner-specific injuries). It is also the most common cause of heel chronic pain in adults.

Objectives: the selection and systematization of existing information concerning the fasciitis plantar treatment, using using physiotherapy; investigation of the efficiency of a specific intervention in improvement of symptoms including: decreasing pain, increasing the elasticity of posterior myo-fascial chain, improving of the stabilizing muscles strength and improving function for the patients. In this study we have chosen 32 subject, 15 females and 17 males of 27 and 55 years old, diagnosed with plantar fasciitis. The study was conducted during November 2020-April 2021.

Material and method. Visual Analogue Scale and Foot and Ankle Ability Measure applied in dynamic and specific physical therapy techniques chosen, applied and reorganized according to the evolution of the subjects, techniques which focused on reduction of pain, reduction of the tension of cuff muscles, increasing of the extensibility of the posterior myo-fascial chain, increasing of the strength of stabilizing muscles of the ankle and improving the functional activities.

Results obtained showed significant pre/intermediate/post-intervention differences in both variables: pain level and functional independence.

Conclusions. The application of physiotherapy, as soon as possible after having made the diagnosis, improved the quality of the subjects' life, through the reduction and disappearance of the pain and restarting the functional activities; the individualize of the intervention is realized only based on an accurate examination of the subject.