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Comparison of subtalar mobilization with conventional treatment for the management of planter fasciitis

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Background: Plantar heel pain is generally declared as plantar fasciitis; the pain in the plantar side of the foot in heel area. The main aim of this study is to determine the effectiveness of subtalar mobilization with mulligan technique and conventional treatment for the management of planter fasciitis

Methodology: A randomized trial of three weeks duration was conducted at Prime Care Hospital, Faisalabad after the approval of synopsis. Purposive sampling technique was used to enroll the patients. A pre-defined inclusion and exclusion criteria was used to screen 60 participants. Patients were randomly divided into A & B groups. In group-A subjects were treated with subtalar mobilization with mulligan technique and in group-B subjects were treated with convention physiotherapy treatment including a session of therapeutic ultrasound for 10 minutes. Patients in both the groups received rigid tapping as standard treatment. Foot and ankle disability index and intensity of heel pain with visual analogue scale measured outcomes in term of frequency and duration of planter fasciitis. Patient's data was recorded pre-treatment and post-treatment. Pre-treatment measurement was compared with post-treatment measurements after 4th, 6th and 8th Sessions

Results: The study revealed that the mean reduction in conventional physical therapy group was 3.03 compared to 2.68 in subtalar mobilization, which was clinically more significant in conventional physical therapy group. The mean improvement in conventional physical therapy group was 34.59 compared to 36.92 in subtalar mobilization, which was clinically more significant in subtalar mobilization group. Although both groups appeared to be effective but there was no significant difference in pain and disability across each group with p value < 0.05.

Conclusion: It is concluded that both treatment regimens are effective in management of planter fasciitis in terms of reduction in pain and disability. However this study failed to establish the superiority of one technique over the other.

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