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Soft Tissue Mobilization Treatment Strategies in Chronic Plantar Fasciitis: A Narrative Review

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Abstract

Plantar fasciitis is a non-inflammatory, degenerative condition of the plantar fascia caused by recurrent stress. Obesity, limited ankle joint range of motion, extended weight bearing, and advancing age are all considered to be contributing causes to the problem. Manual Therapy plays a crucial role in treating patients with Chronic Plantar Fasciitis, there is need to explore the various soft tissue mobilization treatment options available as treatment for plantar fasciitis. Searches were conducted on PubMed, PEDro, and SCOPUS databases; RCTs enrolling patients with Chronic Plantar Fasciitis were included in this review. Language of articles is limited to English only. The reference lists for all retrieved research papers were also searched. Boolean Operators Terms or, not, and were used to extract relevant data. According to data retrieved from moderate to high quality evidence, Soft Tissue Release, Stretching of Plantar Fascia and tissue mobilization is highly effective in pain reduction and to enhance functional range as compared to other physiotherapy treatment strategies available in treating patients with Chronic Plantar Fasciitis in long term.

Keywords: Ankle; Fascia; Fasciitis; Pain; Range of motion.