

THE EFFECT OF STANDARDIZED OSTEOPATIC TREATMENT IN PATIENTS DIAGNOSED WITH PLANTAR FASCIITIS

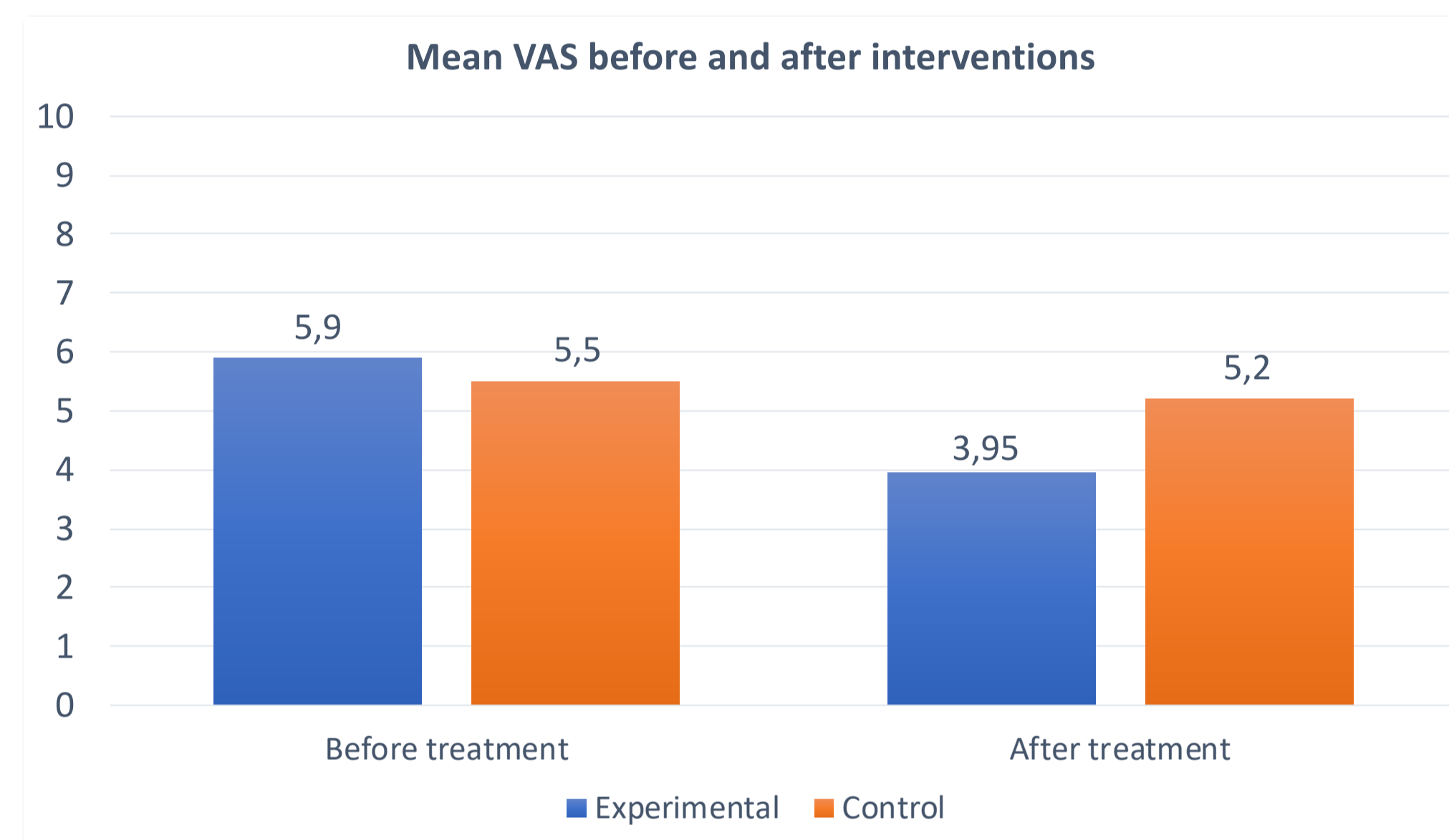
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Introduction

- In USA approximately **3 million** people get **diagnosed** with **plantar fasciitis** every year ⁽¹⁾
- It is associated with **severe pain** and inhibiting **social life** and **sports**, with reported symptoms lasting up till two years ⁽¹⁾⁽²⁾
- Current research shows that **strength exercise** and **manual therapy** can decrease pain, but **contradicts** on **long term effects** ⁽³⁾⁽⁴⁾⁽⁵⁾
- No studies retrieved investigated the effects of osteopathy for plantar fasciitis
- This study's objective is to determine whether **osteopathy is effective** measured in **pain** on a VAS scale, in patients diagnosed with plantar fasciitis

Results

- A **significant decrease** in pain was found within the **experimental group**. $P < 0.00009$ (33 %)
- A **nonsignificant decrease** in pain was found within the **control group**. $P > 0.21$ (6,3 %)
- A **significant decrease** was found **comparing the two groups** in favour of the **experimental group**. $P < 0.03$



Conclusions

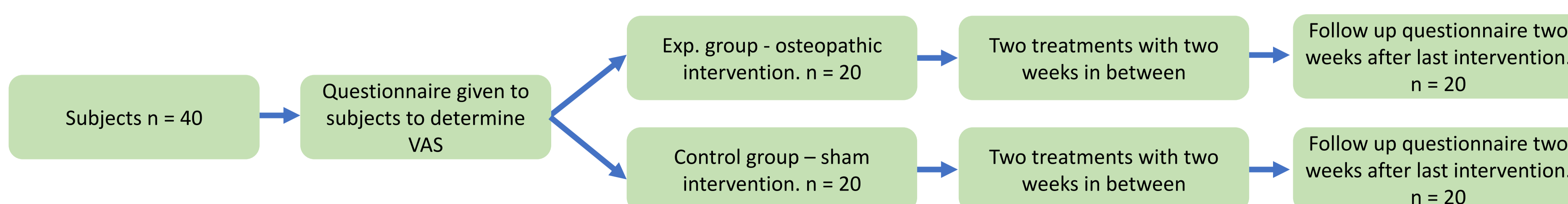
- This study found a **significant decrease in pain** measured on a VAS-scale for the **experimental group**, compared to the control group
- This research implicates that **osteopathy** might be an **effective treatment method** for **plantar fasciitis**.
- The results and findings **can be used** in **osteopathic interventions** for **relief of pain** associated with plantar fasciitis

References

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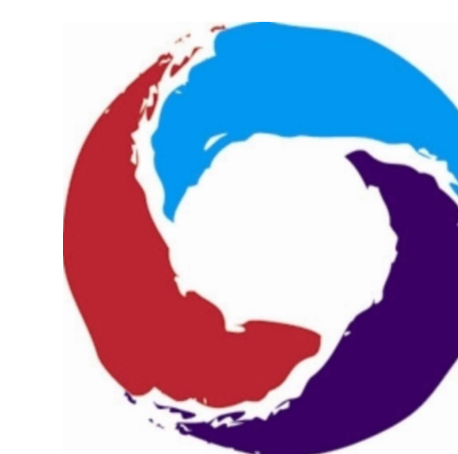
Methodology

- Forty subjects with plantar fasciitis diagnosed by their GP was randomized in to groups
- Experimental group receiving osteopathic treatment consisting of a manipulation of the thoracolumbar junction, “muscle energy technique” (MET) of the sacroiliac joint, manipulation, mobilization and MET of the subtalar joint and gastro-soleus complex
- Control group receiving sham treatment
- The two groups was compared before and after the interventions using paired and unpaired t-test



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