

## **EFFECTIVENESS OF PLANTAR FASCIA STRETCHING Vs CONTRAST BATH COMBINED WITH ULTRASOUND IN PLANTAR FASCIITIS**

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### **ABSTRACT**

#### **Objective of the Study**

To study the effectiveness of ultrasound with plantar fascia stretching technique in patients with plantar fasciitis. To study the effectiveness of ultrasound with contrast bath technique in patients with plantar fasciitis. To evaluate the comparative effectiveness of ultrasound with plantar fascia stretching and contrast bath technique in patients with plantar fasciitis.

#### **Methodology**

In the experimental study totally 30 subjects was taken, between the age group of 30 to 70 [15 individual in each group]. Group A treated with ultra sound therapy and contrast bath. Group B treated with ultra sound therapy, Active and Passive stretching of plantar fascia.

Study design: Experimental study, Study type; Pre and Post-test .Study setting: Out Patients Physiotherapy Department, ACS medical college and hospital. Sample size; 30 subjects, Study sample method; Simple random method, Study duration; 2 weeks of duration.

#### **Result**

On comparing the post -test mean values of group A (5.0) and B (3.53) on VAS score shows significant reduction in post test mean in both the group. Hence ultrasound is equally effective in both groups where group B shows a little lower value than group A at  $p > 0.05$ , hence the null hypothesis is accepted. On comparing mean values of group A & B on foot function index shows highly significant decrease in the post test means. stretching exercises (Group B) shows 17.66 lower mean value is more effective than contrast bath (group-A) (31.6) at  $p \leq 0.001$ , hence alternate hypothesis is accepted.

**KEYWORDS:** FFI, Active Stretching, Passive Stretching, Contrast Bath, Ultra Sound