

## **Treatment of Plantar Fasciitis by Taping vs. Iontophoresis: A Randomized Clinical Trial**

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### **Abstract**

The purpose of the study was to observe the effect of combination of a Taping and Iontophoresis or Taping alone in the treatment of Plantar Fasciitis pain. A total of 30 patients (male =16; female=14) were selected as subjects and they were further divided into two groups. Each group comprising of 15 subjects (male=8; female=7). The results of the present study show an improvement in the mean values of Visual Analog Scale, and Foot Functional Index scores after treatment in both groups. But it was found that an improvement was statistical significant more in Taping and Iontophoresis group than Taping group alone. It was concluded that if the patients of plantar fasciitis were treated with combination therapy (Taping & Iontophoresis) then there was noticed significant recovery from pain and disability in them.

**Keywords: Plantar Fasciitis, Iontophoresis, Taping, Pain**

### **Introduction**

Plantar fasciitis (PF) has been reported across a wide sample of the community that includes both the athletic and non – athletic population (*Schepesis et al., 1991*). Plantar fasciitis represents the fourth most common injury to the lower limb (*Ambrosius and Kondrachi 1992*). In the non- athletic population, it is most frequently seen in weight bearing occupations with unilateral involvement most common in 70% of cases. In the athletic population, 10% of all running athletes involved in basketball, tennis, football, long distance runner and dancers' have all noted high frequency of plantar fasciitis. Obesity and pronated foot posture are associated with chronic plantar heel pain and may be risk factor of the condition. 10% of the population at some point in their lifetime experience plantar

heel pain (*Riddle and Schappert 2004*). In 2000 the foot and ankle special Interest Group of the Orthopedic Section, APTA, surveyed over 500 members and received responses from 117 therapist. Of those responding, 100% indicated that plantar fasciitis was most common foot condition seen their clinic (*Delitto et al., 2008*). There is a little knowledge about the clinical course of the condition and is unknown approximately in 85% of the cases (*Roxas 2005*). The commonly prescribed treatment options are conservative and surgical interventions (*Weil et al., 1994*). Various treatment strategies, including orthoses, stretching, taping, extracorporeal shock wave therapy, laser therapy and drug therapy in the form of systemic medication, and topical application, have been investigated and have shown variable clinical benefit. Studies have shown clinically relevant