DOI: 10.7860/JCDR/2025/80478.21747

The Impact of Advanced Therapeutic Modalities in Managing Plantar Fasciitis using the Foot Function Index: A Literature Review

Sanam Maurya, Postgraduate Student, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.
Sunita Sharma, Associate Professor, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.
Shavez Mansoori, Postgraduate Student, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.

NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Sunita Sharma,

Associate Professor, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.

E-mail: drsunita.sharma@mmumullana.org

ABSTRACT

Plantar Fasciitis (PF), an inflammatory condition affecting the plantar fascia, causes heel pain and limits foot function.Traditional treatments include stretching,orthotics, and physical therapy. Advanced therapies may improve treatment outcomes by stimulating tissue healing.The aim of this literature review is to critically evaluate existing research on the impact of advanced modalities on foot function and pain in plantar fasciitis by using Foot Function Index (FFI). A literature search was conducted from PubMed, Cochrane Library, and PEDro from year 2018 to December 2024. The search utilised MeSH key terms such as “Plantar fasciitis,” “Advanced modalities,” “Foot function index,” “Quality of life,” and “Range of motion” employing Boolean operators (AND, OR). A total of 7856 articles found from different databases.Duplicate articles were removed. Five articles fulfilled the eligibility criteria and were included for the present review.The 7856 reviewed articles, 5 only those demonstrating the impact of advanced modalities such as laser therapy and shockwave therapy on foot function and pain in PF using the FFI met the inclusion criteria. This review demonstrates that advanced modalities significantly improve pain and function, as assessed by the FFI, in patients with PF. This review shows that shockwave and laser therapy can significantly improve foot function and reduce pain in PF patients, as measured by the FFI.

Keywords: Advance modalities, Outcome measures, Plantar fasciitis, Quality of life.