

Integrating Pain Neuroscience Education in Managing Chronic Plantar Fasciitis: A Case Report

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ABSTRACT

Chronic Plantar Fasciitis (CPF) is an inflammation of the plantar fascia that lasts for more than 3 months and is caused by repetitive stress on the plantar fascia. Chronic pain patients develop central sensitivity, which means that treatment given on the periphery is insufficient to manage their symptoms. Pain Neuroscience Education (PNE) may help to reduce anxiety and catastrophic thinking related to pain. Currently, there are insufficient data on the effects of PNE as an adjunct to physiotherapy in CPF patients. This case study involves a 26-year-old woman who was diagnosed with CPF and who experienced heel discomfort with her first few steps in the morning and during prolonged standing for the past five years. To measure pain, Numeric Rating Scale (NRS) and to measure ankle

dysfunction, Foot and Ankle Disability Index (FADI) was taken, to measure pain Catastrophisation, Pain Catastrophising Scale (PCS) and to measure Kinesiophobia, Tampa Scale for Kinesiophobia (TSK) was taken at baseline, 3rd and on 6th week. Physiotherapy treatment included Plantar fascia release, Plantar fascia stretching, and strengthening of intrinsic muscle of foot and PNE includes metaphors and storytelling. The patient demonstrated significant improvement in pain and activity limitations along with significant improvement in Pain Catastrophization and Kinesiophobia. This case study illustrates that integrating PNE along with physiotherapy treatment is an effective strategy for treating individuals with CPF.

Keywords: Anxiety, Aponeurosis, Chronic pain, Fascia, Kinesiophobia