

# Effect of Telerehabilitation in Patients with Plantar Fasciitis

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## ABSTRACT

**Introduction:** Plantar Fasciitis (PF) is a common musculoskeletal condition. It is a inflammation of a PF caused by repetitive strain which is characterised by a pain and tenderness in the bottom of the foot which is usually worst in the morning triggered by long periods of standing. Various researches have shown to be effective in various musculoskeletal conditions. The present review of literature have been undertaken to know the efficacy of telerehabilitation in patients with PF.

**Aim:** To determine the efficacy of telerehabilitation in patients with PF.

**Materials and Methods:** These articles are collected from databases such as PubMed, Google Scholar, and Research Gate. They are from year 2017-2024.

**Results:** Telerehabilitation appears to be effective in reducing pain and improving physical function in a number of musculoskeletal conditions.

**Conclusion:** Telerehabilitation has shown promising results when compared with other conventional methods in terms of pain relief, improve range of motion.

**Keywords:** Pain, Physical function, Range of motion

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