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Testing the Immediate Effectiveness of Myofascial Release of Gastrocnemius on Pain and Dorsiflexion Range of Motion in Plantar Fasciitis : A Protocol

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ABSTRACT

Introduction: Plantar fasciitis or plantar heel pain is a commonly reported condition which causes inferior heel pain. Previous studies have shown significant association between the degrees of heel pain with the tightness of the gastrocnemius in cases of plantar fasciitis. Myofascial Release (MFR) is an effective hands-on approach of soft tissue mobilisation, can be used to reduce pressure in the fibrous bands of the connective tissue. We hypothesize that there will be an immediate effect of MFR on pain and dorsiflexion Range of Motion (ROM).

Need of the Study: This study will work towards finding the immediate effectiveness of myofascial release of gastrocnemius on pain and dorsiflexion range of motion, if found effective it can then be used as an immediate pain-reducing and activity enhancing treatment in plantar fasciitis.

Aim: To test the immediate effectiveness of MFR of gastrocnemius on pain and dorsiflexion ROM in plantar fasciitis.

Materials and Methods: Convenient sampling method will be used. Participants will be screened using the patient screening form. Forty participants who meet the inclusion criteria (male/female, 40-60 years, diagnosed with plantar fasciitis, gastrocnemius tightness) will be included. The purpose, procedure and advantage of the study will be explained to the participants prior to participation. Group A (experimental group) will receive MFR and Group B (control group) will receive sham MFR for 15 minutes. Data will be collected before and after the intervention, followed by conventional treatment in both groups. The study protocol has been approved by the Institutional Ethics Committee of Saket College of Physiotherapy, Chandimandir, Panchkula. The study is registered under CTRI (The Clinical Trials Registry - India) with registration number CTRI/2024/06/068693.

Keywords: Gastrocnemius tightness, Plantar heel pain, Soft tissue mobilisation

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