

# Comparing the Effect of Dry Cupping to the Traditional Manual Therapy for Planter Fasciitis: A Randomised Controlled Trial

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## ABSTRACT

**Aim:** The purpose of this research was to investigate how Dry Cupping (DC) impacts the pain and functionality of individuals suffering from plantar fasciitis.

**Materials and Methods:** Thirty subjects (age 20 to 40 years old, 19 females and 11 males), randomly assigned into the two groups (Manual Therapy [MT] and DC with MT groups), participated in this study. The study was conducted using a randomised controlled trial design. Treatments were provided to the subjects thrice a week for 3 weeks. Outcome measurements included the Visual Analogue Pain Scale (VAS), the Foot and Ankle Ability Measure (FAAM), the Lower Extremity Functional Scale (LEFS).

**Results:** The data showed that both manual therapy and dry cupping with manual therapy were effective in reducing pain and improving function in the group studied. Clinical outcomes

at baseline and 3 weeks were compared in both groups utilising paired sample t-test. The results suggest that for all the outcomes – VAS (MT = 2.13; DC+MT = 2.80), FAAM (MT = -13.93; DC+MT = -17.40), and LEFS (MT = -15.93; DC+MT = -17.87), the difference was statistically significant across both the groups ( $p < 0.05$ ). There was no significant difference between the DC therapy and DC with MT groups outcome measurements when assessed by independent t- test.

**Conclusion:** These results support that DC therapy combined with traditional MT could reduce pain and increase function in the population tested as compared to treating the patient with MT only.

**Keywords:** Foot ankle ability measure, Lower extremity functional scale, Visual analogue scale

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