

### Unit 3 - Handout #1

**Instructions:** Listen to the video: "*Plantar Fasciitis: Treatment by a Physical Therapist*," and fill in the gaps with the correct answer from the word box below. There are some extra words.

So, one of the treatment options that we have for plantar fasciitis is to actually \_\_\_\_\_ the rear foot or the \_\_\_\_\_. What I am going to do is use the palm of my hand to accomplish that, a gentle distraction or traction force, then I'm going to come over the top and glide the \_\_\_\_\_ down. What I can do is to \_\_\_\_\_ like I'm doing now, or I can push and just hold and let the structure \_\_\_\_\_. The goal of that is to increase the outward motion of the heel and take some of the pressure off the attachment side of the plantar fascia. Another treatment option that we have for treating plantar fasciitis is to increase \_\_\_\_\_ range of motion or upward motion of the foot. So, what I am going to do is grab the front part of the forefoot and I'm going to bring this ankle all the way up to the end of its motion which is right about here for him, and then I'm going to apply a downward \_\_\_\_\_ through the ankle, and I'm going to oscillate. Another treatment option particularly in the early phases of plantar fasciitis to calm down the \_\_\_\_\_ is the use of iontophoresis. \_\_\_\_\_ is the delivery of anti-inflammatory medication

through the surface of the skin for the use of these kinds of pads. The \_\_\_\_\_ would go in the negative part of the pad, the normal saline would go in the opposite part. You'd want the medication right over the area that is \_\_\_\_\_, just keep your foot like that. With this type of technology, we can attach this little device for about 5 minutes. I would turn it on, charge the pad, take the machine off, and he could actually keep the pad on for the rest of the day or for a few hours depending on how much \_\_\_\_\_ we wanted him to receive.

### Word box

oscillate	pressure	mobilize	medication	troublesome	dorsiflexion	dosage
Iontophoresis	heel bone	bothersome	inflammation	calcaneus	stretch	flexion