**Effectiveness of transverse friction massage of Flexor digitorum brevis and Calf muscle stretching in Plantar fasciitis on foot function index scale: A randomized control trial**

Noureen Farooq1, Saima Aslam2, Nasir Bashir3, Waqar Ahmad Awan4, Madiha Shah2, Asima Irshad1

**ABSTRACT**

**Objective:** To compare the effectiveness of transverse friction massage of Flexor digitorum brevis and Calf muscle stretching in Plantar fasciitis on foot function index scale

**Study Design:** Randomized control trial

**Place and Duration:** At Isra Institute of Rehabilitation Sciences (IIRS) and National Institute of Rehabilitation Medicine (NIRM) from 28th September 2015 to 10th September 2016.

**Methodology:** Patients after having diagnosis of Plantar fasciitis were randomly allocated to two groups i.e. group I and group II. Data was collected through self-structured demographic and Foot Function Index (FFI) questionnaires. Other than age, weight, body mass index and calf muscle circumference another variable assessed was Foot Function Index (FFI). Between groups comparison was shown by independent t test and within group comparison was analyzed by repeated measures ANOVA.

**Results:** Mean age of group I and II patients were 32.4 and 30.3 years respectively. Mean weight and BMI were 66.5, 56.5 and 23.8, 22.8 respectively. Mean FFI of group I and II at baseline was (94.0 ± 24.8) and (115.4 ± 32.9) respectively which was decreased to (36.6 ± 16.0) and (37.8 ± 13.1) after 3 months respectively but between group analysis showed non-significant difference between transverse friction massage and calf muscle stretching. However significant results (p < 0.05) were shown within group analysis at different time intervals for foot function index (FFI) of both groups I and II.

**Conclusion:** Transverse friction massage of Flexor digitorum brevis and Clf muscle stretching are equally effective in treating Plantar fasciitis.

**Keywords:** Plantar fasciitis, Body mass index, Calf muscle, Calf muscle stretching, Flexor digitorum brevis, Transverse friction massage, Foot function index

**How to Cite This:**

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