

Learning Objectives

MedBridge

Plantar Fasciosis and Graston Technique®: Evidence-Based Treatment

Mike Ploski, PT, ATC, OCS, GTS

Jacqueline Shakar, DPT, MS, OCS, LAT, GTS

Course Objectives:

- Identify the pathophysiology that leads to plantar heel pain in light of current evidence
- Identify the most accurate evidence-based assessments that can confirm a diagnosis of plantar fasciosis
- Describe the evidence regarding the mechanisms of effectiveness of manual therapy as it can be applied to plantar heel pain due to fasciosis
- Recognize manual therapeutic techniques that incorporate the Graston Technique® that can be effective in alleviating plantar heel pain due to fasciosis
- Identify the evidence regarding the mechanisms of effectiveness of therapeutic exercise as it can be applied to plantar heel pain due to fasciosis
- Apply evidence-based therapeutic exercises that can be effective in alleviating plantar heel pain due to fasciosis