

## Plantar Fasciitis & Ankle Sprain

## Lower Extremity Summary

### Counterstrain

1. Identify tender point wrap tissues around that point
2. Hold for 90 sec
3. Reassess



### Muscle Energy Technique

1. bring to barrier
2. isometric contraction 3-5s x3,
3. repeat



### Inversion ankle sprain CS

1. Identify tender point wrap tissues around that point
2. Hold for 90 sec
3. Reassess



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# Lower Extremity Summary

## Fascial Distortion Model (FDM)

### Plantar Fasciitis

1. Correct Triggerbands
  - a. Thumb along involved fibers from plantar aspect to calcaneus to 2nd or 3rd MTP joint
2. Correct Continuum distortions
  - a. Thumb contacts the calcaneous, finds area of tension, force is firmly applied and held until there is a release.



### Ankle Inversion Sprain

1. Continuum Sprained Ankle
  - a. Apply constant and increasing force and hold. Repeat standing, then walking
2. Triggerband Sprained Ankle
  - a. Inferiorly to the ankle, around and below the lateral malleolus, onto the dorsal foot, to the end of the 4th/5th toes.



Starting point is on lateral ankle at the sock line.



Pathway continues inferiorly. . .and courses behind lateral malleolus. . .

over lateral dorsum of foot. . .



to fourth or fifth metatarsal or toe.



1. Folding Distortion
  - a. Pain with compression
    - Unfolding technique: traction/thrusting of ankle
  - a. Pain with traction: refolding technique
    - compression/thrusting of ankle

