



## **Effect of Kinesiotape on Ankle Range of Motion in Plantar Fasciitis: Experimental Study**

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**Abstract** Plantar fasciitis is an inflammation of the plantar fascia. This study was conducted to determine the effect of short term treatment of KT in addition to traditional physical therapy treatment in comparison to traditional physical therapy treatment only in plantar fasciitis on ankle dorsi and plantar flexion range of motion and on plantar fascia thickness. A total of 30 patients from outpatient clinic of Damietta general hospital were included in the study. The universal goniometer was used to assess ankle range of motion in degrees and diagnostic ultrasonography was used to assess plantar fascia thickness in cm. The statistical analysis revealed that there was significant difference in ankle dorsi flexion range of motion and in plantar fascia thickness at 5cm distal to the anterior calcaneal margin(site 1) pre and post treatment within groups while there was no significant difference in ankle plantar flexion ROM and in plantar fascia thickness at the anterior calcaneal margin which is the fascial insertion site(site 2)( $P < 0.05$ ). Short term application of KT in addition to traditional physical therapy treatment in plantar fasciitis is more effective than traditional physical therapy treatment only for ankle dorsi flexion ROM and for plantar fascia reduction at site 1.

**Keywords:** Chronic plantar fasciitis, Ankle joint, Range of Motion, Ultrasonography, Kinesiotaping, Traditional physical therapy.