# Plantar Fasciitis & Ankle Sprain Lower Extremity Summary

#### Counterstrain

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



# Inversion ankle sprain CS

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



## **Muscle Energy Technique**

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





## Plantar Fasciitis & Ankle Sprain

**Fascial Distortion Model (FDM)** 

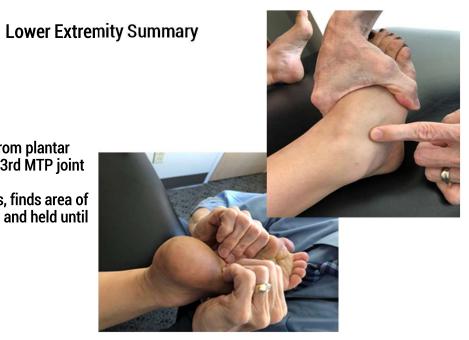
#### **Plantar Fasciitis**

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 calcaeous, 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.



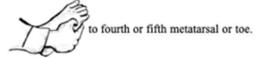
Starting point is on lateral ankle at the sock line.

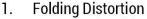


Pathway continues inferiorly. . . and courses behind lateral malleolus. . .

over lateral dorsum of foot. . .







- a. Pain with compression
  - → Unfolding technique: traction/thrusting of ankle
- a. Pain with traction: refolding technique
  - $\,\rightarrow\, \text{compression/thrusting of ankle}$



