

Redefine.

Health Education

HawkGrips

Treating Plantar Fasciitis and Its Mimickers

Course Syllabus

I. **Primary Instructor(s):** Laura Ramus, PT, ATC

Laura Ramus is a physical therapist and athletic trainer with over 30 years of experience in sports and orthopedics. She currently serves as the Medical Director for the WNBA Las Vegas Aces.

II. **Financial Disclosures:** The authors and presenters of this content are consultants of HawkGrips. Instructors are compensated for teaching HawkGrips courses/webinars. Instructors do not receive reimbursement for the sale of HawkGrips instruments or products at any time.

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The sole purpose of all course content is for education and HawkGrips does not intend to endorse or oppose any specific products, brands, or manufacturers within their educational content.

III. **Post Professional Learning Level:** Beginner

IV. **Statement of Non-Discrimination:** This course is made available to all physical therapist and physical therapist assistant licensees on a non-discriminatory basis.

v. **Verification of Attendance:** Attendance will be verified through Zoom. Following the course, all attendees who have viewed the session in its entirety will be given instructions to move on to the post-course quiz and course evaluation in order to obtain credit & receive a completion certificate. All attendees who did not attend in its entirety will be given instructions on how they can watch the recorded webinar & will then be prompted to complete the same steps.

- VI. **Statement of Relevance to PT Practice:** Plantar fasciitis is a common orthopedic diagnosis that can cause significant disability. Understanding the patho and arthrokinematics, assessment, differential diagnosis, and effective treatment of this challenging diagnosis will help the allied health professional initiate appropriate and effective evidence-based interventions.
- VII. **Differential Diagnosis content:** This course contains < 0.1 hours of differential diagnosis content.

VIII. **Mode of Instruction (select all that apply):**

MODE	Definition	Place X, if applicable
Live, In-Person	Interactive, in-person (same physical space)	
Live, Virtual	Interactive, virtual classroom, synchronous*	X
Online Self-Paced	Asynchronous**, online, self-paced	X
Not Online Self-Paced	Asynchronous, text/workbook, self-paced	
Hybrid	Mixed synchronous and asynchronous instruction. <i>Please spell out the format in your course description/schedule as if you were explaining it to a prospective student.</i>	

- IX. **Course Description:** This 1-hr livestream webinar (and then on-demand, recording) is designed for clinicians to enhance their understanding of plantar fasciitis, including screening, differential diagnosis, assessment, and management. There will be a short lecture reviewing clinical definition and presentation, pertinent anatomy and physiology, biomechanics, examination, and overall management, followed by a treatment demonstration utilizing IASTM. There will be an opportunity for Q & A and discussion following the presentation.

X. **Course Outline:**

On-Demand:

Module #	Module Title/Description	Reading Time/ Video Run Time
1	Recording of live presentation	1 hour
2	Quiz	

Total contact hours (rounded down to nearest 0.25 hr)		1

Live Course Schedule:

Introduction & Lecture - 30 Minutes

- Introduction, review of course objectives, agenda
- Lecture on clinical definition, presentation, differential diagnosis, assessment and management of plantar fasciitis

Clinical Demonstration - 20 Minutes

- Live demo of treatment utilizing IASTM

Q & A - 10 Minutes

Quiz - 5 Minutes

XI. TOTAL Course Contact Hours Requested: 1

XII. Materials/Resources: N/A

XIII. Course Objectives:

1. Describe the anatomy and biomechanics of the foot and ankle relative to plantar fascia
2. Distinguish between normal and abnormal lower quarter biomechanics and their effects on the plantar fascia
3. Discuss biomechanical exam findings of the lower quarter and utilize the information to design an appropriate treatment plan including application of Manual Therapy and IASTM
4. Implement an evidence-based exercise program to address selected lower leg, foot and ankle pathology.

XIV. Competency Demonstration: At the conclusion of the course, students must demonstrate a minimum of 80% proficiency in the following course assessments to achieve a passing grade. The assessments will demonstrate that the student has met the objectives listed in Section IX:

Assessment	Description	Points
Written Quiz	online quiz	100
Possible Points	-----	100

1. **True** or False: IASTM can be used to treat plantar fasciitis through the gait theory for pain reduction?
2. Patients with Pes Planus Feet that include rearfoot varus have stiff?
 - a. Medial Plantar Fascia
 - b. Lateral Arch / Lateral Plantar Fascia**
 - c. Longitudinal Arch
3. _____ Nerve Entrapment can mimic the symptoms of plantar fasciitis?
 - a. Fibular Nerve
 - b. Peroneal Nerve
 - c. Tibial Nerve**
 - d. Median Nerve
4. What exercise(s) increase the strength of the intrinsic muscles of the foot?
 - a. Toe Swapping
 - b. Piano Playing
 - c. Foot Doming
 - d. All of the Above**
5. **True** or False: Stiffness of the Gastroc / Soleus Complex can be a contributing factor to plantar fascia pain?

xv. **Course Evaluation:**

Example:

https://docs.google.com/forms/d/1nIW_7nMatap8GWlp7Rkl2sobFXW0Th0RQhVDAsciUNE/edit

xvi. **Complete Reference List:**

1. J Res Med Sci. 2012 Aug; 17(8): 799–804.
2. British Journal Sports Medicine. Volume 55 / Issue 19. Management of plantar heel pain: a best practice guide informed by a systematic review, expert clinical reasoning and patient values
3. Journal of Orthopaedic & Sports Physical Therapy Published Online: October 31.

2014Volume44Issue11PagesA1-A33. Heel Pain—Plantar Fasciitis: Revision 2014

4. Rhim HC, Kwon J, Park J, Borg-Stein J, Tenforde AS. A Systematic Review of Systematic Reviews on the Epidemiology, Evaluation, and Treatment of Plantar Fasciitis. *Life*. 2021; 11(12):1287. <https://doi.org/10.3390/life11121287>
 5. Li, H, Lv, H, Lin, T. Comparison of efficacy of eight treatments for plantar fasciitis: A network meta-analysis. *J Cell Physiol*. 2019; 234: 860– 870. <https://doi.org/10.1002/jcp.26907>
 6. Sillevs R, Shamus E, Mouttet B. THE MANAGEMENT OF PLANTAR FASCIITIS WITH A MUSCULOSKELETAL ULTRASOUND IMAGING GUIDED APPROACH FOR INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION IN A RUNNER: A CASE REPORT. *Int J Sports Phys Ther*. 2020 Apr;15(2):274-286. PMID: 32269861; PMCID: PMC7134356.
 7. John J. Fraser, Revay Corbett, Chris Donner & Jay Hertel (2018) Does manual therapy improve pain and function in patients with plantar fasciitis? A systematic review, *Journal of Manual & Manipulative Therapy*, 26:2, 55-65, DOI: 10.1080/10669817.2017.1322736
 8. Yosefa Pollack, Anat Shashua, Leonid Kalichman, Manual therapy for plantar heel pain, *The Foot*, Volume 34, 2018, Pages 11-16, ISSN 0958-2592, <https://doi.org/10.1016/j.foot.2017.08.001>.
 9. Jones, E. R., Finley, M. A., Fruth, S. J., & McPoil, T. G. (2019). Instrument-Assisted Soft-Tissue Mobilization for the Management of Chronic Plantar Heel Pain: A Pilot Study. *Journal of the American Podiatric Medical Association*, 109(3), 193-200. Retrieved Aug 1, 2023, from <https://doi.org/10.7547/16-105>
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