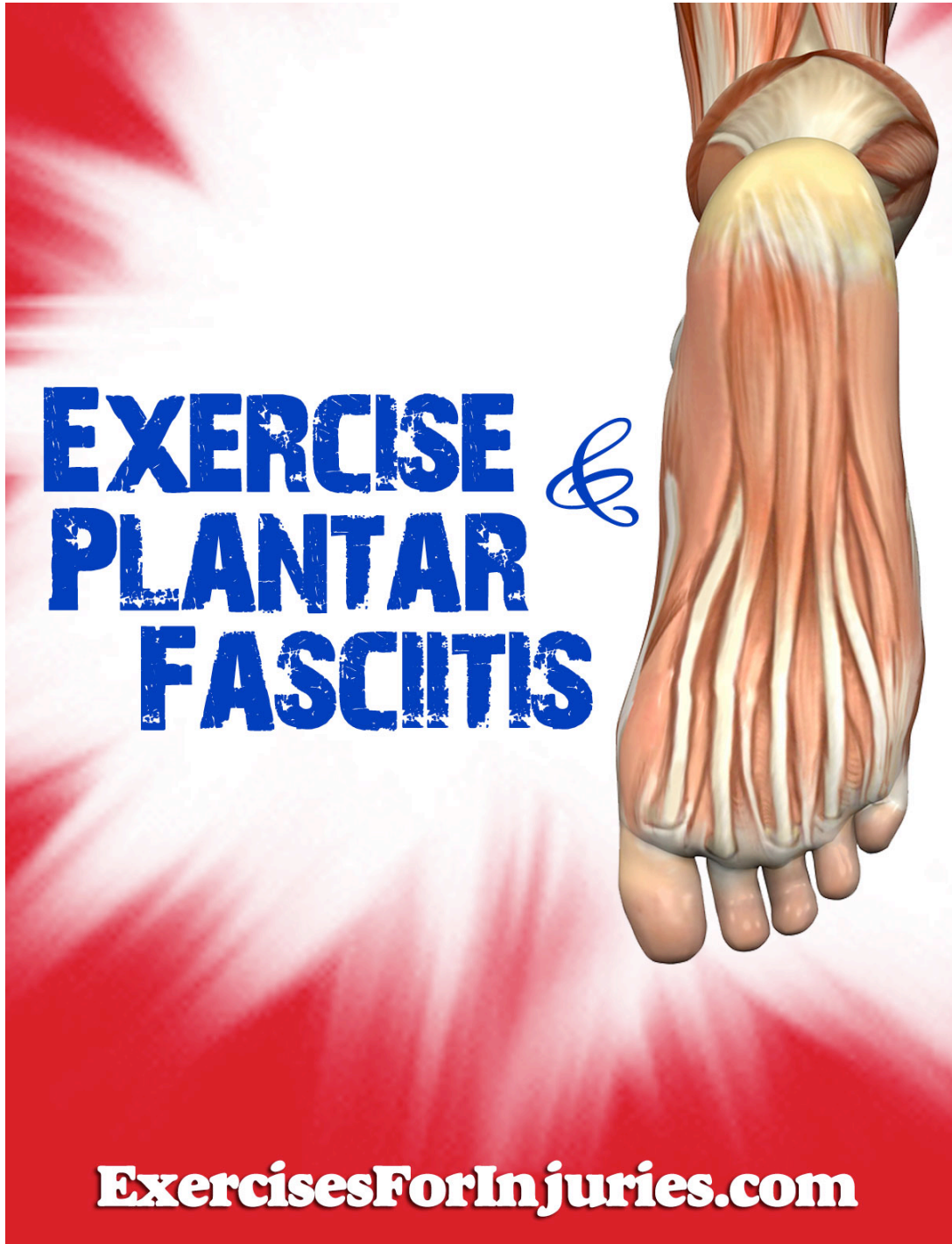


Bibliography for Plantar Fasciitis & Exercise



Plantar Fasciitis & Exercise

- Bibliography -

Cleland JA, Abbott JH, Kidd MO, Stockwell S, Cheney S, Gerrard DF, Flynn TW. (2009). Manual physical therapy and exercise versus electrophysical agents and exercise in the management of plantar heel pain: a multicenter randomized clinical trial. *J Orthop Sports Phys Ther.* 2009 Aug;39(8):573-85.

Crawford F, Thomson C. (2003). Interventions for treating plantar heel pain. *Cochrane Database Syst Rev.* 2003;(3):CD000416.

DiGiovanni BF, Nawoczenski DA, Lintal ME, Moore EA, Murray JC, Wilding GE, Baumhauer JF. (2003). Tissue-specific plantar fascia-stretching exercise enhances outcomes in patients with chronic heel pain. A prospective, randomized study. *J Bone Joint Surg Am.* 2003 Jul;85-A(7):1270-7. (Must Read)

Digiovanni BF, Nawoczenski DA, Malay DP, Graci PA, Williams TT, Wilding GE, Baumhauer JF. (2006). Plantar fascia-specific stretching exercise improves outcomes in patients with chronic plantar fasciitis. A prospective clinical trial with two-year follow-up. *J Bone Joint Surg Am.* 2006 Aug;88(8):1775-81. (Must Read)

Flanigan RM, Nawoczenski DA, Chen L, Wu H, DiGiovanni BF. (2007). The influence of foot position on stretching of the plantar fascia. *Foot Ankle Int.* 2007 Jul;28(7):815-22.

Greve JM, Grecco MV, Santos-Silva PR. (2009). Comparison of radial shockwaves and conventional physiotherapy for treating plantar fasciitis. *Clinics (Sao Paulo).* 2009;64(2):97-103.

Hyland MR, Webber-Gaffney A, Cohen L, Lichtman PT. (2006). Randomized controlled trial of calcaneal taping, sham taping, and plantar fascia stretching for the short-term management of plantar heel pain. *J Orthop Sports Phys Ther.* 2006 Jun;36(6):364-71.

Johnson E, Bradley B, Witkowski K, McKee R, Telesmanic C, Chavez A, Kennedy K, Zimmerman G. (2007). Effect of a static calf muscle-tendon unit stretching program on ankle dorsiflexion range of motion of older women. *J Geriatr Phys Ther.* 2007;30(2):49-52.

Pascual Huerta J, García JM, Matamoros EC, Matamoros JC, Martínez TD. (2008). Relationship of body mass index, ankle dorsiflexion, and foot pronation on plantar fascia thickness in healthy, asymptomatic subjects. *J Am Podiatr Med Assoc.* 2008 Sep-Oct;98(5):379-85.

Plantar Fasciitis & Exercise

- *Bibliography* -

Pohl MB, Hamill J, Davis IS. (2009). Biomechanical and anatomic factors associated with a history of plantar fasciitis in female runners. *Clin J Sport Med.* 2009 Sep;19(5):372-6.

Radford JA, Burns J, Buchbinder R, Landorf KB, Cook C. (2006). Does stretching increase ankle dorsiflexion range of motion? A systematic review. *Br J Sports Med.* 2006 Oct;40(10):870-5; discussion 875. Epub 2006 Aug 22.

Radford JA, Landorf KB, Buchbinder R, Cook C. (2006). Effectiveness of low-Dye taping for the short-term treatment of plantar heel pain: a randomised trial. *BMC Musculoskelet Disord.* 2006 Aug 9;7:64.

Radford JA, Landorf KB, Buchbinder R, Cook C. (2007). Effectiveness of calf muscle stretching for the short-term treatment of plantar heel pain: a randomised trial. *BMC Musculoskelet Disord.* 2007 Apr 19;8:36.

Riddle DL, Pulisic M, Pidcoe P, Johnson RE. (2003). Risk factors for Plantar fasciitis: a matched case-control study. *J Bone Joint Surg Am.* 2003 May;85-A(5):872-7.

Ryan M, Fraser S, McDonald K, Taunton J. (2009). Examining the degree of pain reduction using a multielement exercise model with a conventional training shoe versus an ultraflexible training shoe for treating plantar fasciitis. *Phys Sportsmed.* 2009 Dec;37(4):68-74.

Stratton M, McPoil TG, Cornwall MW, Patrick K. (2009). Use of low-frequency electrical stimulation for the treatment of plantar fasciitis. *J Am Podiatr Med Assoc.* 2009 Nov-Dec;99(6):481-8.

Szabó G, Marcsik A, Farkas C. (2010) [Patient information and results of training program in the treatment of plantar fasciitis.][Article in Hungarian]. *Orv Hetil.* 2010 Apr 25;151(17):698-701.

Wearing SC, Smeathers JE, Urry SR, Hennig EM, Hills AP. (2006). The pathomechanics of plantar fasciitis. *Sports Med.* 2006;36(7):585-611.

Werner RA, Gell N, Hartigan A, Wiggerman N, Keyserling WM. (2010). Risk factors for plantar fasciitis among assembly plant workers. *PM R.* 2010 Feb;2(2):110-6; quiz 1 p following 167.

Wilk BR, Fisher KL, Gutierrez W. (2000). Defective running shoes as a contributing factor in plantar fasciitis in a triathlete. *J Orthop Sports Phys Ther.* 2000 Jan;30(1):21-8; discussion 29-31.

Plantar Fasciitis & Exercise

- Bibliography -

Young CC, Rutherford, D S, and Neidfeldt, M W. (2001). Treatment of Plantar Fasciitis. Am Fam Physician. 2001 Feb 1;63(3):467-475.