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Therapy Physical about Worksheet الملف

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Unit 3 - Handout #2

Instructions: Based on the video "*Plantar Fasciitis: Treatment by a Physical Therapist*," take notes to answer the questions below. You will use your notes to discuss your answers with other classmates.

1. What type of people have higher chances of suffering from plantar fasciitis? Why?

2. What is the plantar fascia composed of? Which of its parts is responsible for causing the pain?
 - a.
 - b.
 - c.

3. What is the most common symptom for people with plantar fasciitis? How do patients describe it throughout the day?

4. What are the 3 treatments explained by Dr. Kyle in the video about?

Treatment #1:

Treatment #2:

Treatment #3:

5. Which of the 3 treatments explained by Dr. Kyle in the video will you be more likely to apply to your patients? Why?