

Comparando el estiramiento de la fascia plantar con el tendón de Aquiles y el tríceps sural, se obtienen resultados más beneficiosos a favor del estiramiento específico de la fascia<sup>2,7</sup>.

Como se ha mencionado anteriormente, la dorsiflexión de tobillo limitada ha sido asociada con la fascitis plantar, por lo que Johanson M et al.<sup>16</sup> comprobaron si el estiramiento del tríceps sural podría aumentar el rango de movimiento con resultados positivos, por lo que recomendaron el uso de este tratamiento para todas las patologías en las que sea necesario corregir este factor.

## Bibliografía

- 1. Radford JA, Landorf KB, Buchbinder R, Cook C. Effectiveness of calf muscle stretching for the short-term treatment of plantar heel pain: a randomised trial. *BMC Musculoskelet Disord.* 2007;8:36.
- 2. DiGiovanni BF, Nawoczenski DA, Lintal ME, Moore EA, Murray JC, Wilding GE et al. Tissue-specific plantar fascia-stretching exercise enhances outcomes in patients with chronic heel pain. A prospective, randomized study. *J Bone Joint Surg.* 2003;85(7):1270-1277.
- 3. D'Andréa Greve JM, Grecco MV, Santos-Silva PR. Comparison of radial shock waves and conventional physiotherapy for treating plantar fasciitis. *Clinics* 2009;64(2):97-103.
- 4. Riddle DL, Pulisic M, Pidcoe P, Johnson RE. Risk factors for plantar fasciitis: a matched case-control study. *J Bone Joint Surg.* 2003;85(5):872-877.
- 5. Pohl MB, Hamill J, Davis IS. Biomechanical and anatomic factors associated with a history of plantar fasciitis in female runners. *Clin J Sport Med* 2009;19(5):372–376.
- 6. Dimou ES, Brantingham JW, Wood T. A Randomized, controlled trial (with blinded observer) of chiropractic manipulation and Achilles stretching vs. orthotics for the treatment of plantar fasciitis. *JAMA* 2004;41(9):32-42.
- 7. Cheng HYK, Lin CL, Wang HW, Chou SW. Finite element analysis of plantar fascia under stretch—The relative contribution of windlass mechanism and Achilles tendon force. *J Biomech* 2008;41(9):1937–1944.
- 8. Xu Y, Murrell GAC, Phil D. The basic science of tendinopathy. *Clin Orthop Relat Res* 2008;466(7):1528–1538.
- 9. Wearing SC, Smeathers JE, Urry SR, Hennig Em, Hills AP. The pathomechanics of plantar fasciitis. *J Sports Med* 2006;36(7):585-611.
- 10. Mcpoil TG, Martin RL, Cornwall MW, Wukich DK, Irrgang JJ, Godges JJ. Heel Pain Plantar Fasciitis: Clinical practice guidelines linked to the international classification of function, disability, and health from the orthopaedic section of the American physical therapy association. *J Orthop Sports Phys Ther.* 2008;38(4):1-18.
- 11. Stuber K, Kristmanson K. Conservative therapy for plantar fasciitis: a narrative review of randomized controlled trials. *J Can Chiropr Assoc* 2006;50(2):118–133.
- 12. Irving DB, Cook JL, Young MA, Menz HB. Obesity and pronated foot type may increase the risk of chronic plantar heel pain: a matched case-control study. *J Biomech* 2007;8:41.
- 13. Uzel M, Cetinus E, Ekerbicer HC, Karaoguz A. The influence of athletic activity on the plantar fascia in healthy young adults. *J Clin Ultrasound* 2005;34(1):17-21.
- 14. Brown J. Physiotherapists' and podiatrists' views on the effectiveness of treatments for plantar fasciitis. or plantar fasciitis. *Int J Ther Rehabil.* 2005;12(4):151-157.
- 15. DiGiovanni BF, Nawoczenski DA, Malay DP, Williams TT, Wilding GE, Baumhauer JF. 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.* 2006;88(8):1775-1781.
- 16. Johanson M, Baer J, Hovermale H, Phouthavong P. subtalar joint position during gastrocnemius stretching and ankle dorsiflexion range of motion. *J Athl Train* 2008;43(2):172–178.