

## ABSTRAK

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SCIENTIFIC PAPERS

### ***APLIKASI TRANSCUTANEUS ELEKTRICAL NERVE STIMULATION DAN EXERCISE THERAPY IN PATIENTS WITH PLANTAR FASCITIS***

**Background and Purpose of writing :** In this modern era, humans are required to be able to meet the needs of life. This occupational disease can affect almost the entire human population. One of them is pain in the heel to around the sole of the foot called *plantar fasciitis*. *Plantar Fasciitis* is an inflammation of the *plantar fascia* caused by exercissive stretching of the *plantar fascia*.

**Objective :** To find out the management of *TENS* modalities and exercise therapy in reducing pain, of *plantar fasciitis*.

**Case Handling Method :** In this scientific paper report, the author provides several actions on the research sample to Mrs.P includes *TENS* physiotherapy modalities, exercise therapy which functions to reduce pain therapeutic actions carried out April 18to April 20, 2022

**Discussion :** *TENS*, Exercise Therapy used namely Stretching is a physiotherapy Modality to treat *plantar fasciitis* cases, after 3 times physiotherapy, the results areReduced pain with T1 silent pain 1/10, tenderness 1/10, motion pain 1/10 to T4 silentpain 1,0/10, tenderness 1/10 motion pain 1/10

**Conclusions and suggestion :** After being given physiotherapy actions for 3 times, the results were a decrease in pain and an increase in the value of muscle strength by giving *TENS* and the given exercise therapy namely stretching serves to stretch the muscle. Suggestions from writing this scientific paper if there is a *plantar fasciitis* condition, come directly to physiotherapy

Keywords : *TENS*, Exercise Therapy