

Reflection 4

S: Athlete came into athletic training room with an abnormal gait complaining of pain on the plantar side of his left foot. States that he has had previous injury to this foot. States the pain is worse in the morning, and tender to palpation over the plantar fascitia.

O: during palpation a deformity was found in the plantar fascia

A: partially torn plantar fascia

P: cold whirlpool, anti inflammatory drugs, sleeping boot

## Protocol

Immediately after evaluation:

Ice- Cold whirlpool 10-15 mins this is to help the prevention of future swelling and to help start the healing process. During the treatment the athlete will feel the sensations from cold, burning, achy then finally numbness. We have to watch out for any ice allergy they might have to the cold, any open wounds or if anything would prevent them from using this treatment.

One week after evaluation:

Continue with the icing after each practice just to help the swelling. Then I would move into the use of some pulsed Ultrasound. Using the ultrasound will help to realign the scar tissue and the torn tissue to start with the healing process. We need to watch out for any open wounds or any other condition that would prevent the use of Ultrasound.

Reflection:

When I discussed my protocol with my ACI, we came to the conclusion that I had everything that she would use to treat this injury. Using ice at the very beginning and continuing it through the complete rehab process will help in the prevention of further swelling throughout the process. I wouldn't change what I started, but I would add maybe an ice massage to get that massage feeling as well as the cold. I would change how often I would have them ice while they were at home. They should ice every 20 minutes for 2 hours before they go to bed. Then I would make sure that they got at least three treatments of the ultrasound in during the day before practice. That would set at pulsed and for seven minutes. Overall I believe that I did a good job of discussing and coming up with the treatment they should receive.