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## Manual therapy for plantar heel pain

*Review*

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### Highlights

- Soft tissue restrictions may be a part of etiology of plantar heel pain.
- Soft tissue mobilizations is an effective modality for treating plantar heel pain.
- Outcomes relating to joint mobilizations are controversial.
- Further studies are needed to evaluate the effect of soft tissue mobilizations

### ABSTRACT

*Background:* Manual therapy employed in the treatment of plantar heel pain includes joint or soft tissue mobilizations. Efficacy of these methods is still under debate.

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