

## **Abstract**

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**Title:** The effectiveness of high intensity laser therapy for plantar fasciitis

**Objectives:** The aim of this work is to assess the effect of high and low intensity laser therapy for plantar fasciitis compared with therapeutic ultrasound.

**Methods:** The study included 50 patients with diagnose of heel spur syndrome. Patients were divided into three groups according to undergoing therapy. Group A (n = 20) received 10 applications of high intensity laser therapy, group B (n = 20) obtained 10 applications of low intensity laser therapy and group C (n=10) received 10 applications of therapeutic ultrasound. Intensity and character of the pain were assessed before and after therapeutic intervention using non-standardized questionnaire and numeric pain rating scale. For the assessment and description of the results were used standard statistical indicators and methods.

**Results:** High intensity laser therapy had according to the obtained results positive effect on the clinical course of the disease and was markedly more effective than therapeutic ultrasound in treatment of plantar fasciitis. Almost all parameters reached the highest percentage improvement in the group treated with high intensity laser. The results are influenced by a smaller sample of patients and by inhomogeneity of patients. There were no complications and side effects during the experiment.

**Keywords:** heel pain, plantar fasciitis, high power laser, electrotherapy, HILT