**AIM**

The aim of the study is to compare the effectiveness of intrinsic & extrinsic muscle strengthening and myofascial release on plantar fasciitis.

**OBJECTIVE OF THE STUDY**

To assess the pre- test and post- test level of pain and disability among patient with plantar fasciitis by intrinsic & extrinsic muscle strengthening and myofascial release.

**NEED OF THE STUDY**

Need of the study is to compare the effectiveness of intrinsic & extrinsic muscle strengthening and myofascial release on plantar fasciitis patients in treatment to fasten the recovery to relieve the pain & improve the functional activities.

**MEHODOLOGY**

A Patient of 30 subjects (both male & female) were selected for the study according to the inclusion and exclusion criteria. Group A(n=15) were treated with intrinsic and extrinsic muscle strengthening along with ultrasound and stretching exercise. Group B(n=15) were treated with myofascial release along with ultrasound and stretching exercise.

Treatment is given for 4 days a week for 3 weeks. The analysis was based on visual analogue scale and foot function index scale.

**RESULT**

At the end of the treatment program there was a significant relief of pain & reduction in disability in intrinsic & extrinsic muscle strengthening compared to myofascial release.

**CONCLUSION**

From this study ,it can be concluded that intrinsic & extrinsic muscle strengthening with ultrasound and stretching exercise play an effective role pain reduction in patient with plantar fasciitis rather than myofascial release with ultrasound & stretching exercise.