

Lower Extremity

A 2012 systematic review concludes:¹

Fair evidence for MT combined with multiple modalities or exercise therapy for short-term treatment of hip osteoarthritis; limited evidence for long-term treatment¹

Fair evidence for short-term treatment of knee OA, patellofemoral pain syndrome and ankle inversion sprain; limited evidence for long-term treatment¹

Fair evidence for short-term treatment of plantar fasciitis¹

Limited evidence for short-term treatment of metatarsalgia and hallux limitus/rigidus and for loss of proprioception and balance¹

Insufficient evidence for hallux abducto valgus¹

Ankle sprains

A 2013 systematic review found that “static-stretching intervention as a part of standardized care yielded the strongest effects on dorsiflexion after acute ankle sprains.”²

References

1. Brantingham JW, Bonnefin D, Perle SM, et al. [Manipulative therapy for lower extremity conditions: update of a literature review](#). *J Manipulative Physiol Ther*. Feb 2012;35(2):127-166.
2. Terada M, Pietrosimone BG, Gribble PA. [Therapeutic interventions for increasing ankle dorsiflexion after ankle sprain: a systematic review](#). *J Athl Train*. Sep-Oct 2013;48(5):696-709. **FREE FULL TEXT**