



The effect of medial heel wedge on improvement of pain in patients suffering from plantar fasciitis

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Abstract: (17287 Views)

Introduction: Plantar fasciitis is one of the common complications in adults. It can be treated by surgical and nonsurgical interventions. Nonsurgical treatments (functional foot orthosis, heel pad, night splint and wedge) are emphasized as the main option in management of plantar fasciitis. Wedge can be used effectively because of its low weight, low price, easy making and availability to the patient. In this study the effect of medial heel wedge on managing pain in patients suffering from plantar fasciitis was examined. **Materials and Methods:** In this before and after clinical trial, 15 patients with plantar fasciitis including 6 male and 9 female with 18 involved extremities were selected by non probability sampling. Variables including pain, ADL, sport and recreational activity, quality of life, stride length and step length were measured in three stages: once before intervention and then two and four weeks after intervention. For evaluating the variables, FAOS questionnaire was used. Data was analyzed using ANOVA. **Results:** The improvement of variables such as pain, ADL, quality of life, sport and recreational activity, step length and stride length was significant ($p=0.05$). **Conclusion:** Medial heel wedge reduced pain by shifting the center of force into lateral border of heel in addition to reduce the tension of plantar fascia.

Keywords: Plantar fasciitis, pain, medial heel wedge

Full-Text [PDF 987 kb] (1773 Downloads)

Subject: General

Received: 2008/09/9
