

ANALYSIS OF FOOT PRINTS OF HEEL PAIN PATIENTS

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ABSTRACT

Background: In the present study patients having heel pain were included in the study. Foot print of the patients will be taken to find out the predominance of any specific type foot deformity among the plantar heel pain patients. **Methods:** Hundred patients were included in the study. Twenty Eight males and Seventy two were females. Foot print had been taken with the help of ink pad. **Results:** It was noticed from the study that sixty two percent was normal, Seven Percent had Flat Feet and Thirty one percent had Pes Cavus Deformity. **Conclusion:** It was concluded in the present study that there was no

particular deformity present in planter heel pain patients.

KEYWORDS: In the present study predominance, Heel pain patients.

BACKGROUND

A planter heel pain is considered to be as pain arising from the insertion of the planter fascia. It is often characterized by progressive pain with weight bearing, especially the first steps in the morning, and stiffness.^[1,2,3] In Asian countries like India, there are people who still have the habit of walking barefoot.^[4] In India heel pain occurs in the most of the people having history of working for long duration in standing position.

In the present study analysis of the foot prints of heel pain patients will be done to find out whether any specific deformity used to be present in heel pain patients.

In the study the relationship between the flexible flatfoot and plantar fasciitis: Ultrasonographic evaluation, it was indicated that there was a higher incidence of plantar fasciitis in the flexible flatfoot group than the normal arch in control group.^[5]

The study on sagittal movement of the medial longitudinal arch is unchanged in plantar fasciitis concluded that neither abnormal shape nor movement of the arch is associated with chronic plantar fasciitis.^[6]

SPECIFIC OBJECTIVES

To study the percentages of normal foot, flat foot or pes cavus type of foot present among the heel pain patients.

METHODOLOGY

Present Study is cross sectional. Patients registered in government medical college were included in the study. Informed consent of the patients had been taken in the vernacular language.

➤ **PATIENT SELECTION CRITERIA**

● **INCLUSION CRITERIA**

- Age group: 18 to 68 years.
- Pain in the planter aspect of the foot at heel region.

● **EXCLUSION CRITERIA**

- Pain in other parts of the foot.
- Fractures around the ankle joint.

➤ **STUDY POPULATION**

- Hundred patients were included in the present study. Twenty Eight males and Seventy two females were present in the study.

Methods of patients evaluation (detail study procedure)

Name of the patient, Age, Sex, Right side: _____ Left Side _____ or both __,
Height, Weight.

Foot Print will be taken with the help of ink pad. Procedure

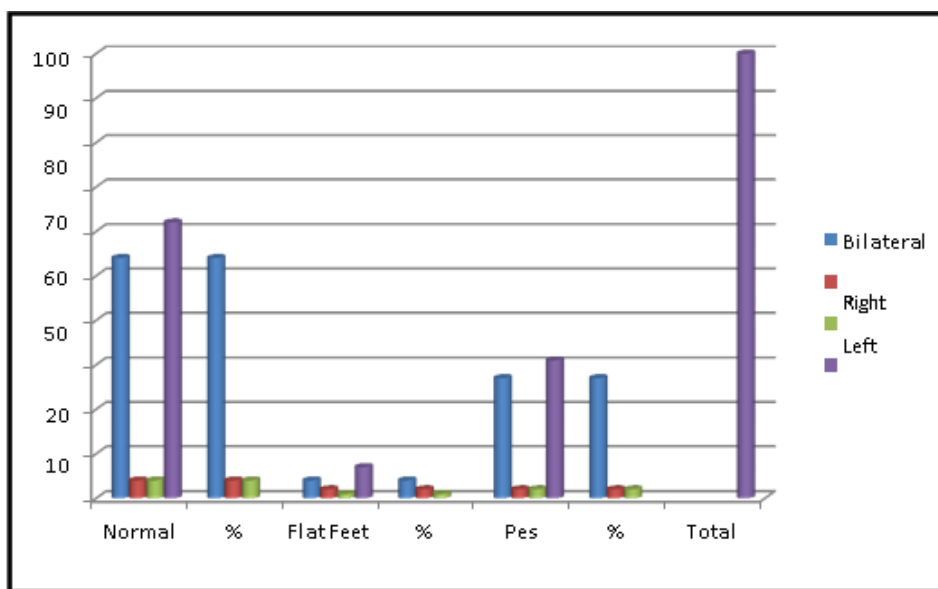
- Patient is in standing position with support with one leg flexed with knee joint and affected foot on ink pad for 10 seconds.
- Then the affected foot will be kept on white paper to print the impression of the foot.

RESULTS

Percentage was used to interpret the data.

Table showing the different kinds of deformities present in the foot.

Side	Foot Deformities					
	Normal (n)	%	Flat Foot (n)	%	Pes Cavus(n)	%
Bilateral	54	54%	4	4%	27	27%
Right	4	4%	2	2%	2	2%
Left	4	4%	1	1%	2	2%
Total	62	62%	7	7%	31	31%



Graph Showing the different kinds of deformities present in the foot.

It was noticed from the study that sixty two percent was normal, Seven Percent had Flat Feet and Thirty one percent had Pes Cavus Deformity.

DISCUSSION

Wearing SC, Smeathers JE, Yates B, Sullivan PM, Urry SR, Dubois P.(2004) study shows that their was no particular shape of the foot associated with plantar fasciitis which is consistent with present study.

CONCLUSION

It was concluded in the present study that there was no predominance of any particular deformity in planter heel pain patients.

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