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Role of footwear in plantar fasciitis

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Pakistan is a developing country with 29.5% of the people living below poverty line. Habits of the people are largely diversified. There is no availability of footwear for 15% of the people due to financial constraints and cultural habits. Medical practitioners in Pakistan hardly have digital records, but keep written records. I found it very difficult to interview 10 renowned practitioners in Lahore, but when I did, I was satisfied that 20 patients had been treated by these practitioners. The research concludes that one out of 13 patients visiting physiotherapist or orthopedics complaining about pain in the heel, stiffness and restricted range of motion (ROM), medically called plantar fasciitis. Plantar fasciitis is a most common complaint by people with chronic pain under their heels. This was most common in 50% of patients owing to shoes with hard soles, high heels for women, uneven roads, trauma and activities involving weights or in athletes. Plantar fascia is a thick connective tissue (aponeurosis) that supports the arch on the bottom of the foot. It runs from calcaneal tuberosity forward to the head of metatarsal. Due to overuse, plantar fascia can get inflamed. The most common way is to suggest heel pad cushion, slight stretching ultrasonic, cold pack and rest. If not cured, a patient is suggested to use anti-inflammatory drugs. The disease in Lahore is most common among laborers, athletes, diabetics and osteoporotic patients. The disease is most common in women.

Biography

Muhammad Usama Khalid is currently a student of the five year professional degree program of the Doctor of Physical Therapy.

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