Effectiveness of Orthotic Intervention and Patient Education in Foot-care for Patients with Plantar Fasciitis

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Introduction
Many patients are suffered from foot pain and referred to our department for consultation and orthotic intervention. Major populations of them are suffered from plantar fasciitis. Raising the awareness of foot-care could be important in effectiveness of the orthotic intervention and promoting foot-care to reduce foot pain.

Objectives
(1) To investigate the effectiveness of orthotic interventions and patient education in foot-care for patients with plantar fasciitis in 6 months follow-up.

Methodology
Average of the pain scores (Analog Visual Scale) was investigated. The patients with plantar fasciitis are referred to our department for orthotic interventions. Apart from orthotic interventions, patient education in foot-care is also an essential part of treatment. The contents of patient education in foot-care include the introduction of the foot problems, orthotic interventions, footwear selection and simple stretching exercises. Patient most likely attended our department for 4 sessions (1st session: Assessment, Measurement and Education, 2nd session: Fitting of orthoses, 3rd session: Follow-up, 4th session: Fitting of renewed orthoses) before discharge from the treatment program. Outcome measures of the pain scores were conducted in each session (0 month, 1 month, 4 months and 6 months).

Result
From January 2013 to December 2014, there are 135 patients attended in the 6-months follow-up session. There are 73.3% of patients suffered from foot pain ≥ 6 months before attending the 1st session and 57.6% of patients have pain score ≥50 in
the 1st session. Patient's awareness of foot-care may be increased after the 1st session, there is 49.6% of patients reduced at least 10% of pain in the 2nd session and the percentage of patients is increased to 80% after applying orthotic intervention for 3 months in the 3rd session. The pain score is reduced 50.2% in the 4th session (6-month follow-up). The pain score is reduced significantly in each session (p<0.0001) with orthotic intervention and patient education in foot-care. Orthotic interventions and patient education in foot-care take an important role in pain reduction for patient with plantar fasciitis.