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Outcome Measure of Orthotic Treatment to Patients with Plantar Fasciitis in Department of Family Medicine and Primary Health Care

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Introduction

Plantar Fasciitis is one of the most common foot disorders in primary care. Conservative management is provided by Prosthetic and Orthotic Services (P&O) at Community Care Centre / Community Health Centre since 2005. It is believed that orthotic intervention is useful to treat patients with plantar fasciitis.

Objectives

The objective of this study was to evaluate the outcome measure and effectiveness of foot orthotic intervention on patients with plantar fasciitis.

Methodology

Patients diagnosed with plantar fasciitis and without foot orthotic intervention before were recruited. All of them were underwent orthotic intervention and follow up, which totally four sessions provided during the treatment. The Foot Function Index (FFI) pain sub-scale was used to evaluate the outcome and effectiveness of the intervention. This is visual analog scale (VAS) and was collected at each patient treatment session, Month 0 (baseline), Month 1, Month 3 and Month 6. Paired t-test was used for analyzing the effectiveness of orthotic treatment for all the statistically calculation and analysis.

Result

From February 2015 to November 2015, Seventy-one subjects, 44 females and 27 males aged between 33 to 80 years old (mean age was 54.85 ± 8.56 years) were recruited and completed in the study. The FFI pain sub-scale reduced significantly from 5.32 (± 1.86) at 0 month to 4.64 (± 2.24) at 1 month, 3.15 (± 2.35) at 3 months and 2.70 (± 2.53) at 6 months after orthotic intervention. The orthotic intervention is a useful conservative treatment for patients with plantar fasciitis in primary care as shown in the significant reduction in the Foot Function Index (FFI) pain sub-scale of patients.

