

Knowledge and awareness of Plantar fasciitis in the Saudi Population : A cross-sectional study.

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Outlines:

- About Plantar Fasciitis.
- Methodology.
- Results and findings.
- Conclusion.

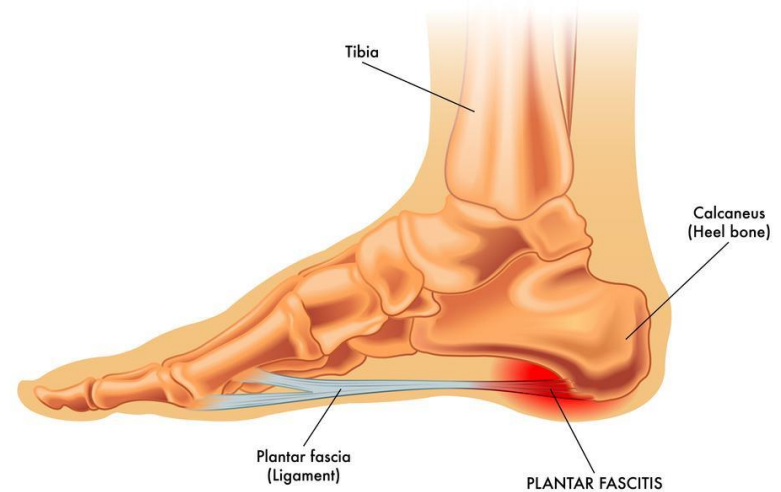
Plantar fasciitis

- **Definition:**

Chronic heel pain caused by inflammation.

- **Symptoms:**

Heel pain starting after first step.



Risk factors	Treatment
<ul style="list-style-type: none"> Increasing in weight or obesity 	<ul style="list-style-type: none"> Stretching of the Achilles tendon
<ul style="list-style-type: none"> Walking barefoot 	<ul style="list-style-type: none"> Rising the feet in ice water
<ul style="list-style-type: none"> Prolong standing 	<ul style="list-style-type: none"> Specialized medical shoes
<ul style="list-style-type: none"> Flat feet 	<ul style="list-style-type: none"> Over the counter medication

Buchanan BK, Kushner D. Plantar Fasciitis. StatPearls. Treasure Island (FL)2018 :
 Thompson JV, Saini SS, Reb CW, Daniel JN. Diagnosis and management of plantar fasciitis. J Am Osteopath
 Assoc. 2014;114(12):900-6.



Objective:

- **Primary:**

To evaluate and assess the knowledge of Saudi population about PF.

- **Secondary:**

To measure the public awareness of PF, evaluation of its causes, symptoms, and management as perceived by the study population.

Methodology

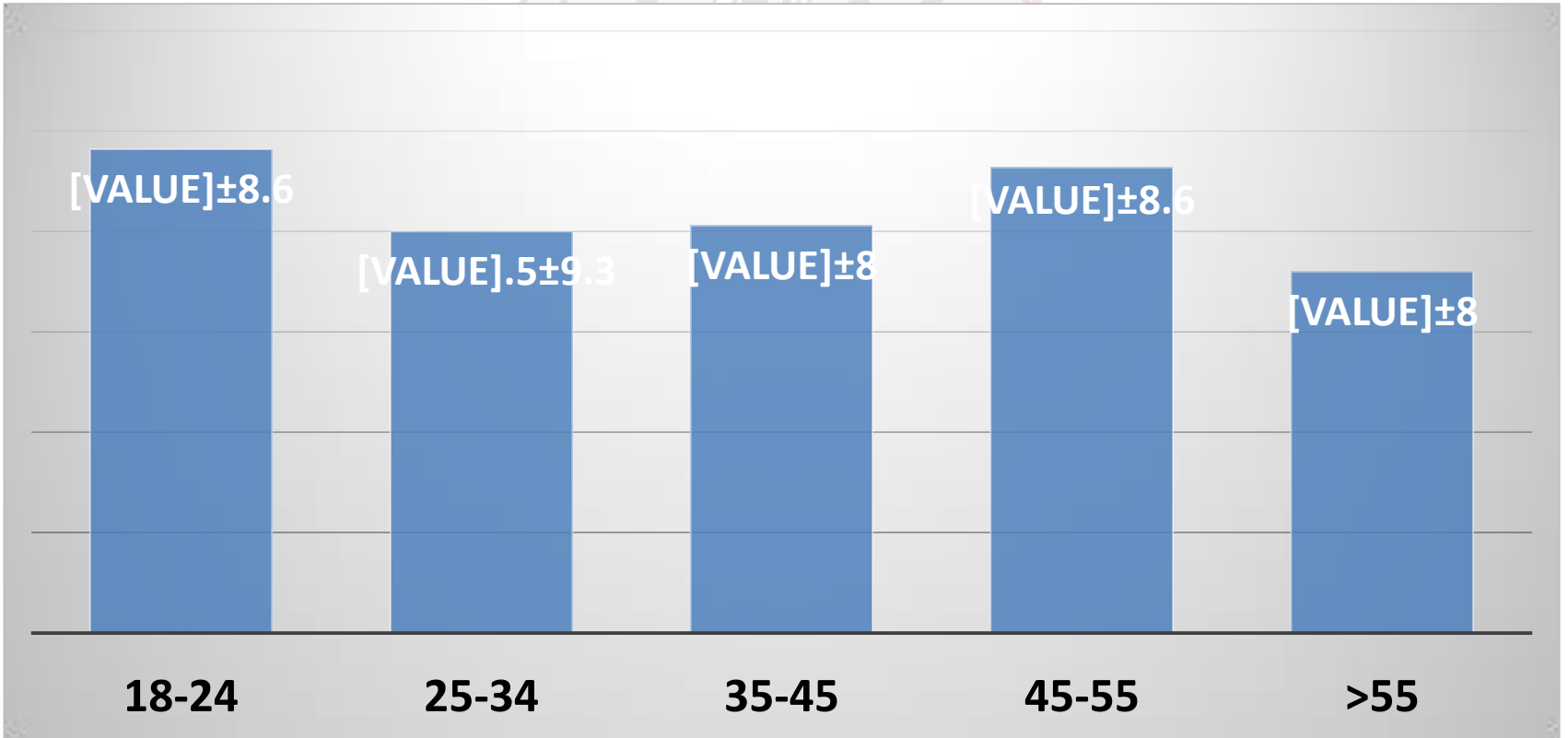
- **176 sample size.**
- **Randomly distributed.**
- **May to July 2017.**
- **Questionnaire:**
 1. Demographic
 2. Knowledge
 3. Pain
- **SPSS.**

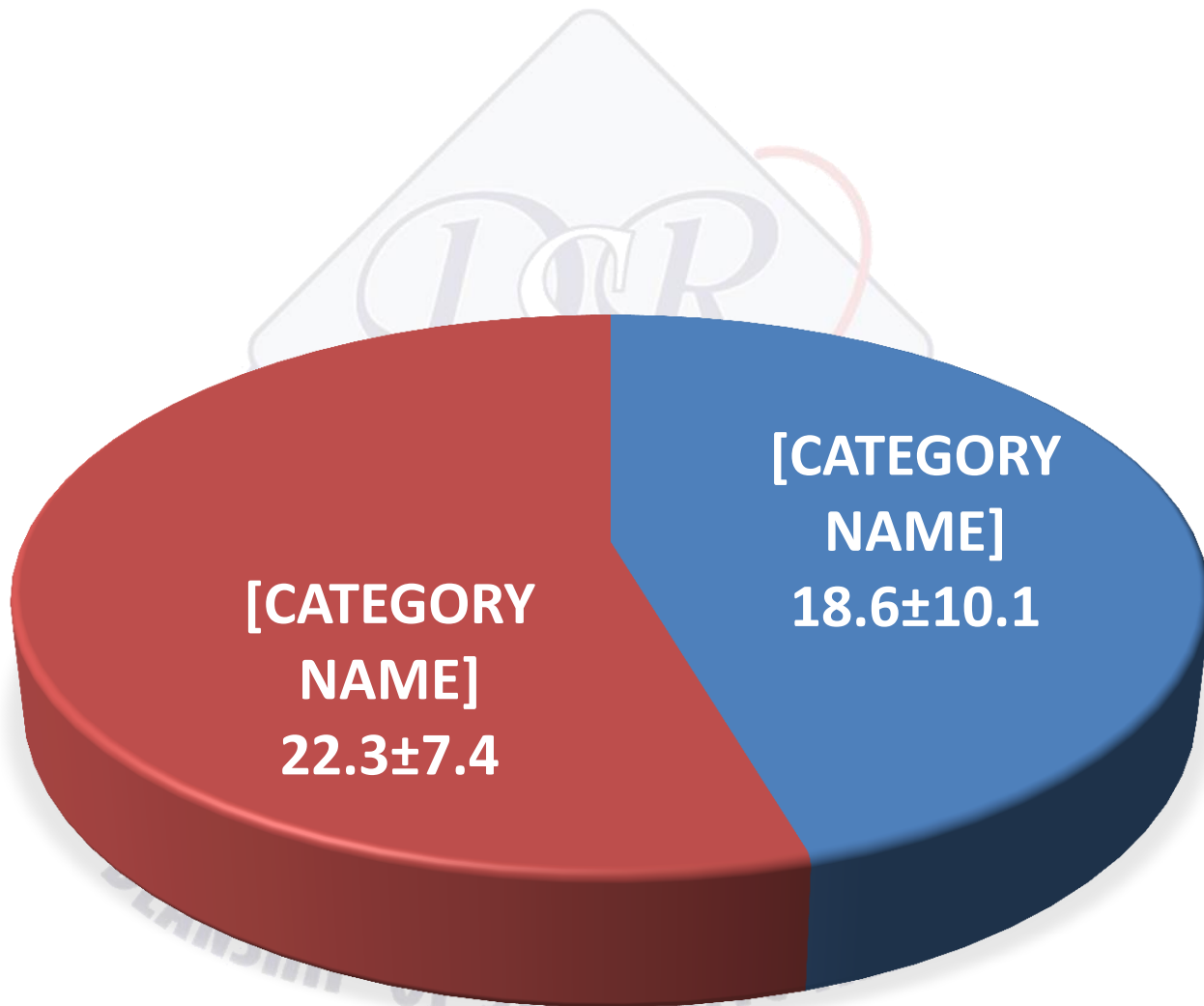
	Frequency	Percentage
SEX		
Female	101	57.4
Male	75	42.6
AGE		
18-24 Years	43	24.4
25-34 Years	45	25.6
35-44 Years	41	23.3
45-55 Years	34	19.3
>55 Years	13	7.4
EDUCATIONAL LEVEL		
Lower than High School	15	8.5
High School Level	37	21
University Degree	106	60.2



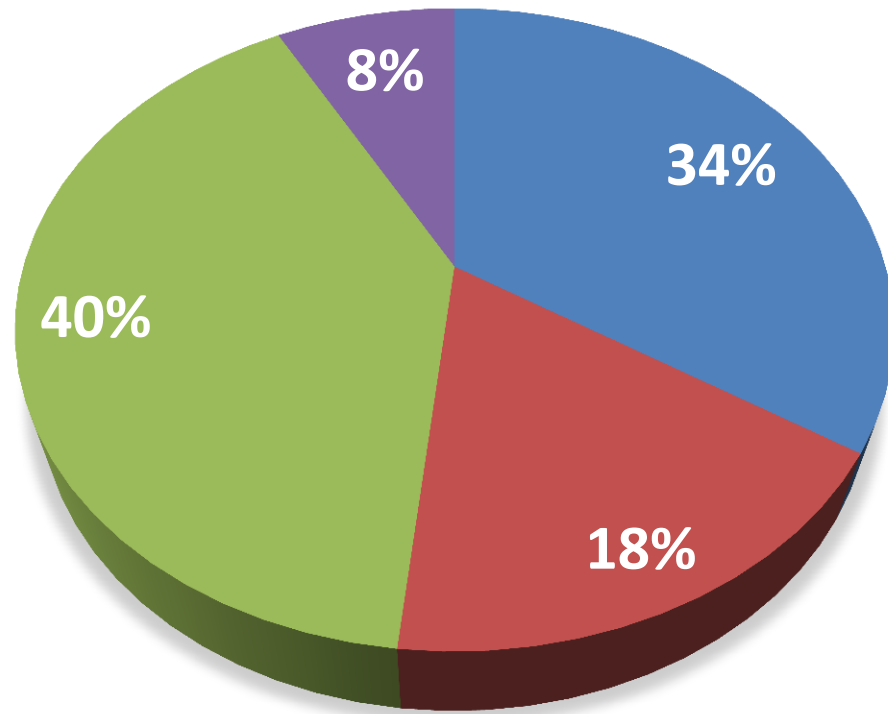
	Yes	No	D.N.K	p
Prolonged Standing.	140 (79.5%)	19 (10.8%)	17 (9.7%)	<0.001
Overweight/ Obesity.	129 (73.3%)	29 (16.5%)	18 (10.2%)	<0.001
Pregnancy.	80 (45.4%)	56 (31.8%)	40 (22.7%)	0.001
Walking Barefoot.	92 (52.3%)	55 (31.3%)	29 (16.5%)	<0.001
Wearing High-heeled shoes.	120 (68.2%)	23(13.1)	33(18.8%)	<0.001
Lack of exercising.	58 (33%)	63 (35.8%)	55 (31.3%)	0.757
Flat-Feet.	89 (50.6%)	32 (18.2%)	55 (31.3%)	<0.001
Bearing/ lifting	89 (50.6%)	32 (18.2%)	55 (31.3%)	<0.001

	Yes	No	D.N.K	p
No need to Treat the Plantar Fasciitis	12 (6.8%)	130 (73.9%)	34 (19.3%)	<0.001
Elongation exercises	121 (68.8%)	15 (8.5%)	40 (22.7%)	<0.001
Rinsing the foot in iced water	100 (56.8%)	26 (14.8%)	50 (28.4%)	<0.001
Wearable Night time leg cast	54 (30.7%)	51 (29%)	71 (40%)	0.138
Specialized Medical Shoes	148 (84.1%)	5 (2.8%)	23 (13.1%)	<0.001
Surgical Intervention/ Interference.	69 (39.2%)	41 (23.3%)	66 (37.5%)	0.018





P value= 0.009



■ Never ■ Medical doctors ■ Social media ■ Internet

Conclusion and recommendation

- More than 30% never heard about PF.
- 40% obtained their information from unreliable sources.
- More awareness and educational programs for better outreach to the general population.

Acknowledgment

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محادثة البيت العلمي
DEANSHIP OF SCIENTIFIC RESEARCH

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- Nakagawa R, Yamaguchi S, Kimura S, Sadamasu A, Yamamoto Y, Sato Y, et al. Association of Anxiety and Depression With Pain and Quality of Life in Patients With Chronic Foot and Ankle Diseases. *Foot Ankle Int. 2017;38(11):1192-8.*
- Buchanan BK, Kushner D. Plantar Fasciitis. *StatPearls. Treasure Island (FL)2018*

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