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Authors: Shane McClinton, Carolyn F. Weber, Bryan Heiderscheit



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Low back pain and disability in individuals with plantar heel pain
Shane McClinton^a, Carolyn F. Weber^a, Bryan Heiderscheit^b

^aDoctor of Physical Therapy Program, Des Moines University, 3200 Grand Avenue, Des Moines, IA, 50312, USA

^bDepartments of Orthopedics & Rehabilitation and Biomedical Engineering, and Doctor of Physical Therapy Program, University of Wisconsin-Madison, 1300 University Ave, Madison, WI 53706, USA

e-mail addresses

Shane McClinton: shane.mcclinton@dmu.edu

Carolyn F. Weber: carolyn.f.weber@dmu.edu

Bryan Heiderscheit: heiderscheit@ortho.wisc.edu

Corresponding author

Shane McClinton, DPT, OCS, FAAOMPT, CSCS (corresponding author)

Assistant Professor, Doctor of Physical Therapy Program

Coordinator, Des Moines University Running and Cycling Clinic

Des Moines University

3200 Grand Avenue

Des Moines, IA 50312

shane.mcclinton@dmu.edu

Highlights

- Low back pain is prevalent in individuals with plantar heel pain
- The odds of having low back pain was 5 times higher in those with plantar heel pain
- Higher low back disability was associated with lower foot/ankle function
- Low back dysfunction may be important in the management of plantar heel pain

ABSTRACT

Background: Lack of response to plantar heel pain (PHP) treatment may be related to unmanaged low back pain (LBP) and low back dysfunction, but a relationship between LBP and PHP has not been established. The purpose of this investigation was to compare the prevalence of LBP among individuals with and without PHP and to assess the association between low back disability and foot/ankle function.

Methods: A cross-sectional study compared the prevalence and likelihood of LBP in individuals with (n = 27) and without (n = 27) PHP matched to age, sex, BMI, foot posture, and foot mobility. In individuals with PHP, correlations were examined between foot/ankle function using

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