

Research Directions

Office of Research Services

Taking Strides to Treat Plantar Heel Pain

School of Biomedical and Health Sciences PhD student Mr Joel Radford has been successful in obtaining funding from the Australian Podiatry Education and Research Foundation to investigate the effectiveness of calf muscle stretches for short-term treatment of plantar heel pain.



Site of heel pain

‘Plantar heel pain is a painful condition and, although not usually disabling, may severely limit weight bearing activities, particularly those of high intensity’ said Mr Radford. ‘Treatment is usually conservative, however, the effectiveness of many treatments frequently used in clinical practice has not been established’.

Participants in the study will be divided into two groups, with one group receiving calf muscle stretches and placebo ultrasound and the other only receiving placebo ultrasound treatment. Both groups will be re-assessed two weeks after their initial appointment to determine the effect of the treatment on foot pain and quality of life.

The outcome will ascertain under controlled conditions the effectiveness of calf muscle stretches as a helpful therapy for plantar heel pain.

Project Title: *The effectiveness of calf muscle stretches for short-term treatment of plantar heel pain.*

Joel’s supervisors are Dr Catherine Cook School of Biomedical and Health Sciences, Dr Karl Landorf, La Trobe University and A/Prof Rachelle Buchbinder, Monash University.

Research Partner: *Australian Podiatry Education and Research Foundation*
Funding has been set at: \$3,834.

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