

# Step forward for pain relief study

RESEARCHERS at The University of Salford are looking for volunteers to step forward - to help with a study in heel and knee pain.

Heel and knee pain remains a significant problem for thousands of people, especially those on their feet all day at work and those doing regular exercise.

Now podiatry researchers at The University of Salford are about to start a trial to investigate whether insoles might offer some pain relief and are looking for 150 volunteers to test three different kinds.

There are many reported causes of heel pain but unless there is a history of a direct blow to the heel podiatrists and physiotherapists will commonly use foot orthoses, or specialist insoles, to treat the problem.

Podiatrist and researcher Lindsay Fitzgerald, a Salford graduate, said: "We are looking to recruit anyone with a history of pain on the bottom of their heel. We will be providing free insoles for people to use over the next 12 months and are looking at whether their pain improves and what impact that has on their activity.

"Volunteers will also get a full assessment of their feet by a qualified podiatrist, so there

by Pamela Welsh

are benefits to it!"

People will also have the chance to see the results of £1.5m investment in new clinical and research facilities at the Frederick Road campus.

The research team are also looking for 100 volunteers with knee pain to come forward and test two different types of insoles.

Podiatrist and researcher Barry Richards, himself a Salford graduate and competitor in the Salford triathlon, said: "We are looking to recruit anyone with a history of pain at the front of their knee."

Anyone interested in taking part in the heel study should call Lindsay on: 0845 121 2528, or email: [L.A.Fitzgerald@pgr.salford.ac.uk](mailto:L.A.Fitzgerald@pgr.salford.ac.uk) or for the knee study call Barry on: 0845 121 2529, or email: [B.S.Richards@pgr.salford.ac.uk](mailto:B.S.Richards@pgr.salford.ac.uk).

The research is in partnership with SSL International, a consumer health care company with the leading brand Scholl, who are a major force in retail foot healthcare products selling into over 100 countries worldwide. From their Trafford Park offices, the foot health care innovation team are working with the university on a number of product development and evaluation projects.



ABOVE: Lindsay Fitzgerald inspects a patients' feet  
INSET: Fellow podiatrist Barry Richards