

Heel and knee pain sufferers wanted for study



RESEARCHERS at The University of Salford have been rushed off their feet by the response to a study in heel and knee pain.

After an article in the Advertiser two weeks ago, podiatry experts at the university have been swamped by people offering to help with the study, which investigates whether insoles might offer pain relief.

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.

The researchers carrying out the study are looking for 150 volunteers to test three different kinds of insole, and have been inundated with responses.

But they stress volunteers must be aged between 18 and 65, have had heel pain for the last six weeks and must not be currently wearing insoles.

Podiatrist and researcher Lindsay Fitzgerald, a Salford graduate, said: "Although we knew heel pain was a significant problem to the general population we didn't realise exactly how many people in Salford suffered with it.

"We have had a fantastic response from the article that was published two weeks ago but many have not fitted the inclusion criteria that we have for this research project.

"We are still looking for volunteers with heel or knee pain that are between 18 and 65 and are not already wearing any insoles or orthotics.

"Volunteers will also get a full assessment of their feet by a qualified podiatrist, so there are benefits to it."

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 or for the knee study call Barry on: 0845 121 2529, or email: B.S.Richards@pgr.salford.ac.uk.

The research is in partnership with SSL International, a consumer healthcare 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.

LEFT: Lindsay Fitzgerald inspects a volunteer's feet