

Chronic plantar heel pain: a case-control study

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Aim

Researchers set out to determine the associations between chronic plantar heel pain (CPHP) and MRI- and ultrasound-derived imaging biomarkers.



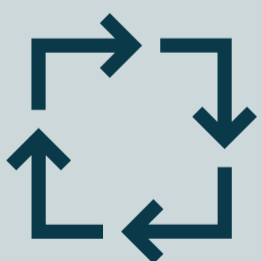
Why

An improved understanding of pathoanatomical markers in CPHP may help inform the clinical decision-making process.



How

They compared 218 participants with CPHP with 100 age- and sex-matched population controls.



Results

Calcaneal bone marrow lesions and plantar fascia thickness, signal, echogenicity and vascularity are associated with CPHP.



Next steps

Research to understand:

- whether these markers represent distinct phenotypes of heel pain
- and if so, whether there are specific treatment implications.



CHECK OUT THE PAPER AT [DOI: 10.1002/ACR.24887](https://doi.org/10.1002/ACR.24887)