

### Short Question:

#### **Specific Question:**

**In adults with plantar fasciitis , does the use of a barefoot science foot Orthoses compared with other foot orthoses improve pain and adherence?**

**Clinical  
bottom line**

There is no good quality evidence to answer this question.

### **Why is this important**

With financial pressures and constraints of the NHS come inevitable changes of the delivery of service. First line management of musculo-skeletal pathologies in the NHS clinical setting, by non specialists is becoming more common place. The setting of clinical pathways is necessary to predetermine and indicate to professionals the recognised treatment of choice for pathologies seen clinically. These choices are preferably researched based, accepted as gold standards and as safe as possible. The treatment of pathomechanics is invariably a long term care plan and consequently the implications of treating pathologies inappropriately may have far reaching detrimental effects, which are not initially recognised. With the availability of an insole that is deemed effective but safer than the existing off the shelf options, further research is called for, to confirm or disprove.

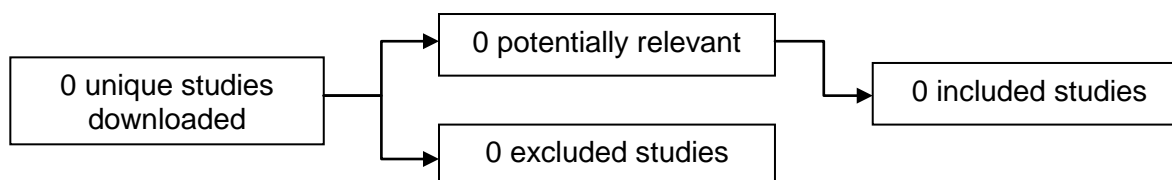
### **Inclusion Criteria**

	Description	Search terms
<b>Population and Setting</b>	Male, Female 10-65, diagnosed with over-pronation and/or plantar fasciitis , otherwise healthy	Flat feet Over-pronation Plantar fasciitis
<b>Intervention or Exposure (ie what is being tested)</b>	Efficacy of Barefoot science insole and how safe an option	Flat feet Over-pronation Plantar fasciitis
<b>Comparison, if any</b>	Efficacy of existing off the shelf options and how safe an option compared to Barefoot science insole	
<b>Outcomes of interest</b>	Pain, function, return to work quality of life, safer option clinically, medical consultations, surgical procedures, value for money.	Pain, Activities of Daily Living ADL, quality of life

<b>Types of studies</b>	Longitudinal studies Cohort Studies Retrospective, Prospective	Cohort, Longitudinal, Retrospective, Prospective
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<b>Databases Searched</b>	<b>Date of last search</b>	<b>No. downloaded</b>
Clinical Knowledge Summaries	31/7/13	0
PEDro		
BMJ Updates	31/7/13	0
SportsDiscuss	31/7/13	0
TRIP Database	31/7/2013	
NICE	31/7/2013	0
HTA	31/7/13	0
Google Scholar	31/7/13	1
The Cochrane Library	31/7/13	0
Pubmed	31/7/13	1
Cinahl	"	0
Embase	"	0
Web of Knowledge		
Professional websites	"	<b>0</b>
OT Seeker		0
PEDRO		3

## Results



<b>First Author, year and type of study</b>	<b>Population and setting</b>	<b>Intervention or exposure tested</b>	<b>Study results</b>	<b>Assessment of quality and comments</b>

## Summary

There is no good quality evidence to answer this question.

**Conclusions (more detailed than Clinical Bottom Line)**

## **References**