

Pain Scale for Plantar Fasciitis

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Background: *Plantar fasciitis (PF) is a common and debilitating pathology whose chief complaint is acute plantar heel pain. This pathology affects between 1 and 2 million Americans each year, but a specific descriptive pain/disability scale has not been available to measure the severity and/or changes in pain specific to this pathology. The purpose of this study was to examine the PF, Pain and Disability Scale (PFPS) and its ability to discriminate between pain from PF and other heel pain.*

Methods: *The PFPS survey includes a series of key questions that relate to symptoms and control questions for PF. It also includes visual analogue scale and questions to measure the effect the pain has on activities of daily living. This questionnaire was administered to 400 patients who had been diagnosed with either PF or another pathology causing heel pain (e.g. calcaneal bursitis). Patients' mean age was 50 years \pm 16 (242 females and 158 males).*

Results: *There was a significant difference in scores from PF patients versus other heel pain patients when compared in a one-way analysis of variance ($P < 0.05$) or ethnicity ($P > 0.05$).*

Discussion: *The survey was effective in measuring pain that is unique to PF through questions of mobility/function and activities of daily living, and it showed a significant difference between patients with other heel pain vs. PF. This could become an effective tool in diagnosis and assessment of pain unique to PF.*

Key words: Plantar fasciitis, Pain and disability scale, heel pain

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