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Low back pain and disability in individuals with plantar heel pain
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Highlights

- Low back pain is prevalent in individuals with plantar heel pain
- The odds of having low back pain was 5 times higher in those with plantar heel pain
- Higher low back disability was associated with lower foot/ankle function
- Low back dysfunction may be important in the management of plantar heel pain

ABSTRACT

Background: Lack of response to plantar heel pain (PHP) treatment may be related to unmanaged low back pain (LBP) and low back dysfunction, but a relationship between LBP and PHP has not been established. The purpose of this investigation was to compare the prevalence of LBP among individuals with and without PHP and to assess the association between low back disability and foot/ankle function.

Methods: A cross-sectional study compared the prevalence and likelihood of LBP in individuals with (n = 27) and without (n = 27) PHP matched to age, sex, BMI, foot posture, and foot mobility. In individuals with PHP, correlations were examined between foot/ankle function using

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