Functional Outcomes and Quality of Life in Patients with Plantar Fasciitis versus Ankle Osteoarthritis

Chayanin Angthong, M.D.
Department of Orthopaedics
Faculty of Medicine,
Thammasat University
Pathum Thani, Thailand
chatthara@yahoo.com
Functional Outcomes and Quality of Life in Patients with Plantar Fasciitis versus Ankle Osteoarthritis

- Chayanin Angthong, M.D.
- My disclosure is in the Final AOFAS Mobile App.
- I have no potential conflicts with this presentation.
Little is known about the differences between plantar fasciitis and osteoarthritis of the ankle in terms of the patients’ functional outcomes and the quality of their lives.

This study’s objective is to compare the differences in the functional outcomes and quality of life in patients diagnosed with plantar fasciitis and osteoarthritis of the ankle.
Methods

Sixty three patients with plantar fasciitis or osteoarthritis of the ankle were recruited for this study. The patients were divided into two groups based on their major conditions; plantar fasciitis (26 patients) or ankle osteoarthritis (37 patients).

Baseline data, including the validated functional outcome score or Visual Analog Scale Foot and Ankle [(VAS-FA) range: 0 (worst) -100 (best)] and Health-related Quality of Life via Short-Form 36 (SF-36) scores range: 0 (worst) -100 (best)], were collected for all patients prior to their definitive treatment.

Statistical analyses were performed to compare the differences of the functional outcomes and quality of life between the two groups.
Results

- The mean ages of patients were 34.4 years and 57.4 years for plantar fasciitis and ankle osteoarthritis groups, respectively \( (p<0.001) \).
- There were 8 men (30.8%) and 18 women (69.2%) in the plantar fasciitis group, and 18 men (48.6%) and 19 women (51.4%) in the group with osteoarthritis of the ankle \( (p = 0.20) \).
- The mean VAS-FA score was significantly higher in the plantar fasciitis group (74.5) than had been shown in the group with osteoarthritis in the ankle (62.1) \( (p=0.035) \).
- There was no significant difference in the mean SF-36 scores between the two groups \( (p=0.98) \).
- Pearson’s \( r \) correlation coefficient between the VAS-FA and the SF-36 scores was 0.48 and this was a statistically significant value, \( p=0.01 \).
While plantar fasciitis and osteoarthritis in the ankle are major causes of heel and ankle pain, the patients with osteoarthritis in the ankle were of an older age and suffered from more functional disturbances. However, the quality of the lives in patients with plantar fasciitis or ankle osteoarthritis is comparable.
References

