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EFFICACY OF CUSTOMIZED FOOT INSOLES IN ATHLETES WITH PATELLOFEMORAL PAIN SYNDROME AND PRONATED FEET

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Abstract

PFPS is one of the most common musculoskeletal conditions and usually higher prevalent in active adolescents or subjects with intense sports activity and the literature reflects excessive pronation of the foot is linked to knee pain. Foot orthoses are designed to allow the foot to move through the usual pronation range and to prevent excessive pronation, as well as to minimize excessive tibial and femoral internal rotation which can lead to unusual patellofemoral tracking. 45 athletes of age 20-30 years with anterior knee pain and pronated feet participated in the study which was a pre-test posttest experimental study design, knee pain was evaluated by a visual analog scale. Both static and dynamic balance was evaluated using MINIBest test and energy consumption was evaluated by using PCI test. Paired t-test was used to compare the difference in VAS, static and dynamic balance with MINIBest and energy consumption with PCI for pre-test and post-test. There was a significant difference in pain with ($p < 0.000$). This study provides evidence that customized foot insoles reduce pain and improve balance and energy consumption among athletes with knee pain and pronated feet.

Author Keywords

Patellofemoral Pain Syndrome, Pronated foot, Balance, Energy consumption and Foot Orthoses

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