

Impact of Custom Orthotics on Plantar Fasciitis Pain and Mobility: A Randomized Controlled Trial

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Abstract

Plantar fasciitis is a common cause of heel pain and impaired mobility, affecting a significant portion of the population. Custom orthotics has been widely used as a conservative treatment option, yet their specific impact on pain reduction and improvement in mobility remains debated. This randomized controlled trial aimed to evaluate the efficacy of custom orthotics in managing plantar fasciitis symptoms compared to standard treatment methods. Participants diagnosed with plantar fasciitis were randomly assigned to either the intervention group receiving custom orthotics or the control group receiving standard treatments such as stretching exercises, NSAIDs, and shoe modifications. Outcome measures included pain scores assessed through validated pain scales, functional mobility assessed by validated mobility tests, and patient-reported outcomes. Data were collected at baseline, immediately post-intervention, and at follow-up periods to assess both short-term and long-term effects. Statistical analysis was conducted to compare outcomes between the groups, adjusting for potential confounding variables.

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devices, including both off-the-shelf and custom orthotics, play a significant role in the non-invasive management of plantar fasciitis by addressing underlying biomechanical abnormalities and providing

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