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Utilization of memory foam insole as shoe modification to decrease foot pain of a track and field athlete in St. Dominic College of Asia**Jadelyn Villafuerte, Vince Lawrence R Garcia, Er D Petil, Charen Rabe, Jand Dexter Sotto**
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Introduction: Memory foam molds to the body in response to heat and pressure, distributing body weight evenly. It conforms to the body and distributes the weight in way that allows the entire body to be supported. The shoe insole is a removable shoe inserts that worn in a shoe for warmth to improve the fit. Foot pain is a condition may due to inflammation involve any of the bones, ligaments or tendons in the foot and also due to prolong standing and walking. The utilization of Memory Foam Insole (MFI) as a shoe modification for people suffering for foot pain, when using it as an insoles it returns to its original shapes when you apply a force since its elastic and quickly molds to your unique contours. Your weight distribution on your foot spread more evenly and the pressure is relieved on places as well.

Objective: To decrease foot pain for athletes that engage in track and field events improve performance and prevent further foot debilitating condition that hinder their activities of daily livings.

Methods: The method used is true-experimental and purposive sampling. The T-test is used to test the significant difference between two variable means. The first group will be wearing the MFI as insole the second group used an Ordinary Foam Insole (OFI) and both groups also used regular Commercially Available Insoles (CAI) for another ten days for at least four hours a day. The collections of data are done every other day. The researchers use the Modified Foot Function Index (MFFI) for evaluation of foot pain.

Results: The Modified Foot Function Index (MFFI) demonstrates that MFI, OFI and CAI have a mean average of 1.5, 1.95 and 2.12 respectively with the one-tailed critical t-value of 1.83 at a 0.05 level of significance and a degree of freedom of 9.

Conclusion: There is a significant difference on using the MFI to CAI with a t-stat values for foot pain (2.43), therefore the null hypothesis is rejected and for MFI as to OFI a t stat value of foot pain (1.71) the null hypothesis is accepted. This shows evidence that MFI is effective in decreasing foot pain compared to CAI.

BiographyJadelyn Villafuerte, 4th year College Student taking Bachelor of Science in Physical Therapy from St. Dominic College of Asia.

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