

Prevalence and associated factors for heel pain among housewives attending MOH clinics in selected MOH divisions in Colombo District, Sri Lanka

D. M. D. T. Bandara, J. L. R. Jayalath

Department of Allied Health Sciences, Faculty of Medicine, University of Colombo, Sri Lanka

Heel pain, a common musculoskeletal foot disorder, encompasses any pain or discomfort in or around the hind foot. Housewives are particularly vulnerable due to the repetitive, regular physical demands of household chores. Hence, this study aimed to assess the prevalence and associated factors of heel pain among housewives attending MOH clinics, in selected MOH divisions of Colombo District, Sri Lanka. This cross-sectional study recruited 113 housewives with no history of trauma, systemic arthritis, heel surgery, skin lesions over the heel or congenital foot abnormalities. Data on demographics and heel pain were collected through an interviewer-administered questionnaire. Ankle dorsiflexion range of motion (ROM), calf muscle endurance, and foot posture were assessed using weight-bearing lunge test, one-legged standing heel raise test, and foot posture index respectively. Data were analyzed using SPSS version 20.0. The mean age and BMI of participants were 45.33 ± 5.87 years and 24.66 ± 3.33 kg/m², respectively. The point prevalence of heel pain was 19.5%, with most reporting severe pain, while the three-month prevalence was 22.1%, with moderate pain being more common. A significant association was observed between heel pain and ankle dorsiflexion ROM, foot posture, and standing duration ($p < 0.001$) while BMI and calf muscle endurance did not show a significant association. In women with heel pain, age showed a negative correlation to ankle dorsiflexion ROM and calf muscle endurance. Heel pain is a significant health issue among housewives affecting nearly 1 in 5. Since associated factors are potentially modifiable, targeted interventions addressing these elements could improve patient outcomes in the management of heel pain.

Keywords: *Heel pain, Prevalence, Housewives, Associated factors*