

## Researchers find significant link between foot pain and knee or hip pain

A study by researchers at Hospital for Special Surgery (HSS) and Harvard Medical School in the Journal of the American Podiatric Medical Association (Brian Halpern, MD, a sports medicine physician at HSS and study co-author, Rock G. Positano, DPM, MPH, director of the Non-Surgical Foot and Ankle Service, Joe DiMaggio Sports Medicine Foot and Ankle Center at HSS)

### Setting the scene:

The aim of this study is to evaluate and treat the lower extremity pain & determine if there was a relation between foot pain and lower extremity joint pain, and they found a significant association between foot pain and knee or hip pain.

### What did they do?

Participants completed a questionnaire evaluating foot pain, pain location (including side of pain) and severity. They also indicated whether they had experienced pain, aching or stiffness in the hip or knee and specified the side of any reported pain. In the study, 16% of participants reported bilateral foot pain, 6% right foot pain only and 5% left foot pain only. Slightly more women than men reported foot pain. Researchers found that foot pain was associated with bilateral and same-side knee pain in men and women. For example, men with right foot pain compared to those with no foot pain were five to seven times more likely to have pain in their right knee or in both knees. Foot pain was also associated with hip pain on the same side in men. In women, bilateral foot pain was associated with hip pain on both sides, on the same side or on the opposite side.

### Takeaway message:

Any pain experienced in the foot can affect other joints in the lower extremity, so the physical therapy program of rehabilitation should also include the proximal control rehabilitation, to regain normal mechanics of the lower extremity and prevent any recurrence of the injury or the previous experienced pain.