

Letter of Invitation

The Menzies Research Institute Tasmania is conducting research into **Plantar Fasciitis (chronic plantar heel pain-CPHP)**. If you have had pain under the heel for longer than 3 months, which is worse on standing in the morning, then you may be eligible to enter the study.

Why are we investigating it?

CPHP can be painful, stubborn and impact on your lifestyle.

We believe that not all CPHP is the same, and this study will help to describe sub-groups within this condition. We plan to use this information to help develop new ways to treat this condition.

What is involved?

1. An assessment that takes about 2 hours. The assessment will include:
 - Questionnaires asking you about your symptoms, medical history and activity levels, including consent to view your medical records specifically regarding any treatments received for your heel pain.
 - A foot and leg assessment: measures of ankle and leg flexibility, ankle strength and foot alignment.
 - Measures of height, weight, waist and fat levels.
 - Ultrasound: to image your plantar fascia (the main ligament which attaches to the underside of your heel).
 - Blood work: a small amount of blood will be taken to look for inflammation.
 - MRI: we will take an MRI (magnetic resonance image) of your heel bone.
 - High Resolution peripheral Quantitative CT: a special type of X-ray that provides a very detailed picture of the structure and density of your heel bone.
2. Wearing an accelerometer for seven days. This is a small pedometer like unit that records your daily activity.

Who cannot join the study?

There are a few reasons why you might not be able to enter the study.

These include if you have:

- had an injection into the heel in the last 6 months (e.g. with steroid)
- had heel surgery
- recent foot trauma
- if you are pregnant or have a pacemaker

There are a few other reasons, but these are the main ones.

How do I register my interest or get more information?

1. With your permission your treating health care worker can pass your contact details on to the research team.
2. Or if you prefer you can contact us directly by either calling one of the team members listed below, or using the stamped addressed envelope provided to send us your contact details.
Your health care worker has these envelopes.

The research team will send you out an information package and call you to organize a time. If you need more information you can call members of the research team directly (Jason **0414 382 906** or Tania **6226 7770**).