

12-4-12

“Barak” insole is superior to Viscopad insole in Heel-Pad Pressure Relief in Plantar Fasciitis Patients (heel pain).

Introduction:

Pain in plantar fasciitis is commonly relieved by insoles. Two types are commonly used. Perhaps the most common insole is a silicone pad. Another type of insole, reduces heel pressure by increasing heel height. This type of insole leads to increased metatarsal head pressures. The current study describes the effect of a new type of insole, that lowers pressure on the heel without increasing metatarsal head pressure.

Methods:

10 patients were assessed using a TekScan In-Shoe Pressure Analysis System (TekScan Ltd., Boston, MA). The patients were assessed according to a strict protocol while walking in Brooks Beast sport shoes.

Three off-the-shelf insoles were compared:

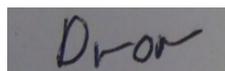
- 1) **the original one** supplied by the manufacturer,
- 2) **Silicone pad** (Viscopad, Bauerfeind AG, Zeulenroda-Triebes, Germany),
- 3) **“Barak” Insole**. The patients were assessed while walking at moderate speed, after at least 20 steps were performed using the insole to allow settling-in of the insole. Five consecutive steps were analyzed in each patient.

Results:

Pressure over the heel **decreased by 24 percent** using the Viscopad insole as compared with the manufacturer supplied insole.

The “Barak” insole (Barak Yehoshua, “Barak Orthopedic”, Holon, Israel). **reduced on average the pressure by 78 percent** as compared with the standard insole. The differences were found to be significant using ANOVA ($p < 0.001$, F value=24).

Discussion: This series of examinations indicates that **decrease in heel pressure is significantly higher using the “Barak” insole** as compared with the current standard of care of Viscopad silicone insole. The decrease is related to load transfer unto the instep area. In contrast with Viscopad insoles the pressure is not increased over the metatarsals head area. The results of this small case series seem to indicate that “Barak” insole might be advantageous as compared with Viscopad insoles due to superior pressure relief for the treatment of plantar fasciitis.



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