**Table 1.** Characteristics of participants with and without plantar heel pain.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Participants with no plantar heel pain in either foot  (n=413) | Participants with plantar heel pain in one or both feet  (n=117) | *p* |
| Person level variables |  |  |  |
| Age, years | 65.1 (8.4) | 64.3 (8.5) | 0.393 |
| Female, n (%) | 236 (57.1) | 60 (51.3) | 0.292 |
| Body mass index, kg/m2 | 29.7 (5.3) | 32.5 (6.4) | <0.001 |
| SF-12 physical (0-100)† | 39.7 (12.0) | 33.9 (12.4) | <0.001 |
| SF-12 mental (0-100)† | 50.0 (10.7) | 45.8 (11.2) | 0.001 |
| HADS anxiety (0-21)‡ | 6.8 (4.4) | 8.2 (4.2) | 0.002 |
| HADS depression (0-21)‡ | 5.2 (3.8) | 6.8 (4.1) | <0.001 |
| Disabling foot pain, n (%) | 208 (52.1) | 87 (76.3) | <0.001 |
| MFPDI – Pain‡ | -0.5 (1.5) | 0.7 (1.4) | <0.001 |
| MFPDI – Function‡ | -1.0 (2.1) | 0.5 (2.0) | <0.001 |
|  | Feet with no plantar heel pain (n=877 feet) | Feet with plantar heel pain  (n=183 feet) |  |
| Foot level variables |  |  |  |
| 1st MTPJ dorsiflexion, ° | 62.1 (19.2) | 62.8 (15.2) | 0.644 |
| Ankle dorsiflexion – knee flexed, ° | 52.5 (8.7) | 52.1 (8.5) | 0.641 |
| Ankle dorsiflexion – knee extended, ° | 62.4 (8.8) | 62.7 (8.9) | 0.702 |
| Foot Posture Index§ | 2.6 (1.8) | 2.4 (1.8) | 0.287 |
| Navicular height, mm ¥ | 0.17 (0.03) | 0.17 (0.03) | 0.821 |
| Arch index§ | 0.24 (0.05) | 0.26 (0.05) | <0.001 |
| Values are mean (SD) unless otherwise stated.  † higher score indicates better function  ‡ higher score indicates worse function  ° degrees  § higher score indicates flatter (more pronated) foot  ¥ adjusted for foot length; lower score indicates flatter (more pronated) foot | | | |