

DOES THE INCIDENCE OF ACQUIRED HALLUX VALGUS VARY FROM SHOD RUNNERS TO BAREFOOT RUNNERS? – A COMPARATIVE STUDY

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ABSTRACT

INTRODUCTION

Few researchers in the past found that the incidence of acquired hallux valgus to be high among shod population than unshod population. Ill fitting shoes are most claimed factor for the occurrence of hallux valgus among shod. Yet none have analyzed the incidence of hallux valgus in shod runners. Some believe that Egyptian foot is one among the predisposing factors for the prevalence of hallux valgus in shod. In order to shed clear light on this issue, this study was intended to compare whether the occurrence of acquired hallux valgus vary from shod runners to unshod.

Methods

For this purpose, 62 non runners (controls), 59 shod runners and 53 barefoot runners with the age group of 18 to 55 years old at convenient sampling method. This cross sectional study was conducted across south karnataka state, India. Validated Manchester scale was used for this purpose to identify hallux valgus deformity. Shod runners were further evaluated for shoe fit, heel height-forefoot difference by a evaluation tool validated by Christian J Barton et al to associate with the occurrence of hallux valgus among shod if more occurrence of hallux valgus were reported from shod runners group.

Results

Spss 17 version was used. Homogeneity was tested. One way Anova analysis across three groups in the incident of hallux valgus did not show any statistical significance of difference as p value was 0.414.

Conclusions

Statistical significance of difference was not found between these three groups in the incidence hallux valgus deformities. This current study also had not shown any correlation between Egyptian feet to the incidence of hallux valgus.

KEYWORDS: Greek Foot, Egyptian Foot, Runners, Bunion, Shoe Fit, Heel Height, Foot Wear

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