

## CWSF 2017 - Regina, Saskatchewan



### Phoebe Waugh

#### You're a Pain in My Foot

**Challenge:** Health

**Category:** Intermediate

**Region:** Chignecto East

**City:** Tatamagouche, NS

**School:** North Colchester High School

**Abstract:** For my project, I am looking at the three main foot arch types; regular arch, high arch, and low arch/flat feet and discovering the most prone foot arch to a plantar fasciitis diagnosis. I am also going to be looking at statistics, factors/causes, and prevention/elimination of the condition.

#### Biography

My name is Phoebe Waugh and I am a grade 9 student at North Colchester High School in Tatamagouche, Nova Scotia. Just over one year ago, I was diagnosed with plantar fasciitis in my left foot and I still have it to this day. People have told me I am fairly young to be diagnosed with this common heel pain and since diagnosed, I have wondered what causes this pain. I have been told by doctors that my completely flat feet are one of the factors to my diagnosis. For my project, I am looking at the three main arch types; regular arch, high arch, and low arch/flat feet and discovering the most prone foot arch to a plantar fasciitis diagnosis. I plan on furthering my project by expanding my data/data clarity and looking at cure/preventing of the condition. For other students thinking about doing a project, I would suggest going for it. hard work pays off and it is definitely worth it all in the end. :)

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