

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. :)