

Postgraduate Scholarship Information Sheet (Advert)

Scholarship Project Title	An exploration into barefoot activities as a potential treatment for plantar fasciitis (chronic heel pain) in the active and sporting population.
Advert Reference number	TURISE_2024_105
Supervisor(s)	<i>Dr. Colin Coyle (SETU Carlow)</i> <i>Dr. Peter Francis (SETU Carlow)</i>
Research Group	<i>The EVOLVE Research Group</i>
Department /School/Faculty	<i>Health and Sport Sciences</i>
Duration	4 Years/48 Months
Status: Full-time / part-time	Full Time
Funding information	TU Rise
Value of the scholarship per year for four years	Stipend: €19,000 Fees of €5,750 per annum Research costs- €5,000 per annum with an additional €1,650 awarded for the purchase of a laptop in year 1
Closing date and time	17th July at 4pm Irish Time
Interview date	TBC
PhD commencement date	1st September 2024

Project Key Words: barefoot, footwear, health

Post summary

Chronic heel pain, known as Plantar fasciitis, is the most common musculoskeletal condition of the foot in the recreational and competitive runners. Mounting evidence suggests that it is caused by excessive deformation of the foot's arch which is facilitated by weak foot muscles. Modern footwear use is associated with weaker foot muscles and changes to the shape of the foot that are not seen in habitually barefoot populations. It may be for this reason that there has been a consistent failure of modern medicine to prevent or treat plantar fasciitis. In fact, 54% of all patients followed for ~10-years reported symptoms of ~2-years in duration and the remainder were still symptomatic at follow up. The EVOLVE research team published a landmark case series in which 19 out of 20 runners with symptomatic plantar fasciitis demonstrated an improvement in their symptoms via running barefoot on grass. The aim of this research program is to run gold standard randomized controlled trials on the use of barefoot activities in the treatment of plantar fasciitis in the sporting population. The results of these studies could lead to a shift from the costly approach of on-going symptom management toward a model of disease prevention.

Knowledge & Experience

Essential

- 2:1 in a health or sport related science degree

Desirable

- *MSc in health or sport related science degree*
- *Research experience*
- *Clinical experience*

Skills & Competencies

Essential

- Applicants whose first language is not English must demonstrate on application that they meet [SETU's English language requirements](#) and provide all necessary documentation. See Page 7 of the Code of Practice
- In order to be **shortlisted for interview**, you must meet the SETU English speaking requirements so please provide evidence in your application.

Desirable

- *Research experience*
- *Clinical experience*

Further information

For any informal queries, please contact <Colin Coyle> on email colin.coyle@setu.ie

For queries relating to the application and admission process, please contact the Postgraduate Admissions Office researchadmissions@setu.ie or telephone +353 (0)51 302883.

For queries relating to the funding programme, please email scholarships2024@setu.ie

University Website <https://www.setu.ie/>

Application procedure

Download the [Research Postgraduate Application Form](#) from here and return the completed application to researchadmissions@setu.ie quoting **TURISE_2024_105** in the email subject line.

Please note that paper submissions will not be accepted.

The University may decide to interview only those applicants who appear from the information they provided, to be the most suitable in terms of experience, qualifications and other requirements of the post.

The University will short-list and interview those applicants who provide the most suitable information in terms of experience, qualifications and other requirements relevant to the scholarship.

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