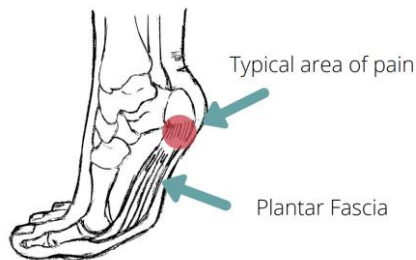


Plantar Fasciopathy

Plantar Fasciopathy, also known as plantar fasciitis, is a common **overuse injury** that occurs when the stress being placed on the plantar fascia becomes greater than what it can withstand. This leads to tissue injury, which causes pain and stiffness.



Common sources of stress to the plantar fascia:



Common treatment options:



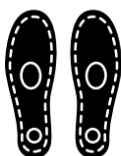
Activity modification – Refrain from high impact activities that aggravate pain in the plantar fascia



Ice massage – Put on a sock and roll foot over a cold water bottle for relief



Stretches – Calf stretches and plantar fascia stretches to reduce tension in the plantar fascia



Orthoses – For better control of foot function to reduce strain on the plantar fascia



Appropriate footwear – Choose footwear with appropriate support or cushioning for the foot to reduce strain on the plantar fascia

Other treatment options:



**Rigid
taping**



**Radial
shockwave therapy**



**Therapeutic
ultrasound**



Extracorporeal shockwave therapy



Surgery

For more information, kindly consult your podiatrist.

Scan the QR codes for more information:



**Stretches and Exercises
for Plantar Fasciopathy**



**How to Choose
Appropriate Footwear**



**FAQs on Plantar
Fasciopathy**

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The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

Information is correct at time of printing (October 2021) and subject to revision without prior notice.

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