

Plantar fasciopathy
develops when tissues
are overloaded
beyond its capacity.

Do I have it?

Typical characteristics of
plantar fasciopathy:

- Gradual onset of medial (inner) heel pain.
- Pain especially during first steps in the morning & after a long period of rest.
- Pain usually subsides with activity and flares up again after activity



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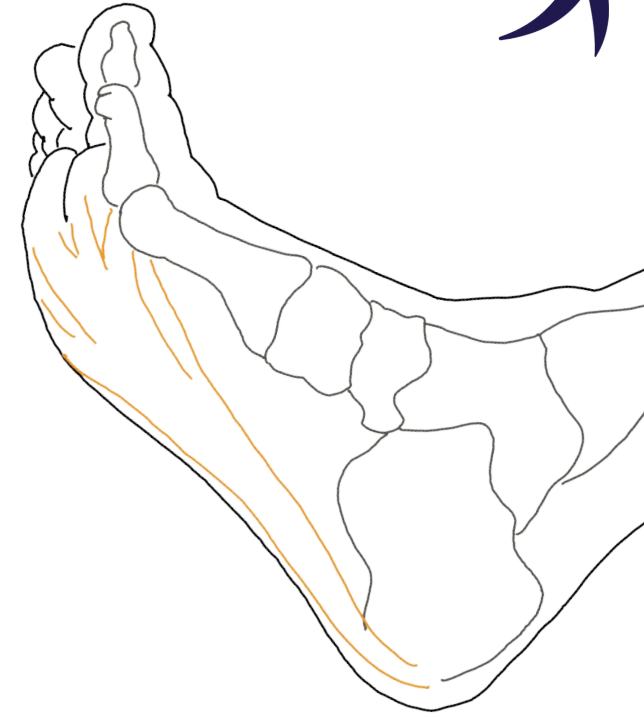
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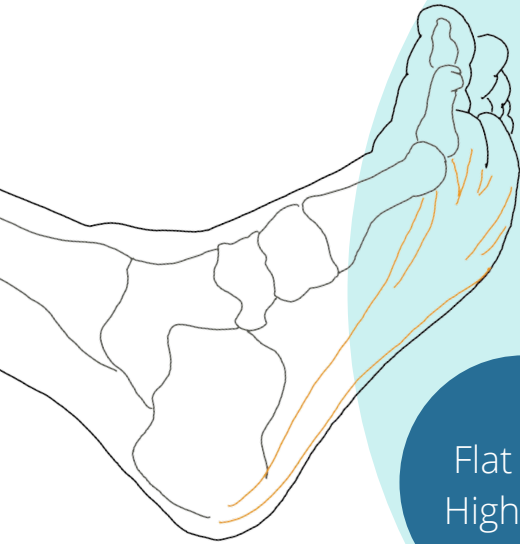
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Plantar Fasciopathy

ONE OF THE MOST
COMMON CAUSES OF
HEEL PAIN.

Who is at risk?



What is it?

The plantar fascia is a thick elastic sheet across the sole of your foot. It is responsible for stabilising the foot and transferring load and forces during walking and running.

Increase in training volume or frequency

High BMI

Weak hips

Flat feet, High arch

Poorly fitted shoes

Nerve entrapment

Heel spurs

Reduced ankle and toe strength

Standing for long hours



How can Physiotherapy help?

- Load management
- Advice and strategies for symptom relief
- Exercises to build up load tolerance capacity of relevant tissues to better tolerate return to activities
- Progressive strengthening program to increase load capacity of tissues