

PLANTAR FASCIOPATHY



ONE OF THE MOST COMMON CAUSES OF HEEL PAIN.

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.

WHO IS AT RISK?

Plantar fasciopathy develops when tissues are overloaded beyond its capacity.

Increase in training volume or frequency

Flat feet, High arch

High BMI

Poorly fitted shoes

Standing for long hours

Reduced ankle and toe strength

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

HOW CAN PHYSIOTHERAPY HELP?

- Load management
- Advice and strategies for symptom relief
- Progressive strengthening program to increase load capacity of tissues



EXERCISES EXAMPLES

These exercises can help to build up the load tolerance capacity of the relevant tissues to better tolerate return to activities.

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