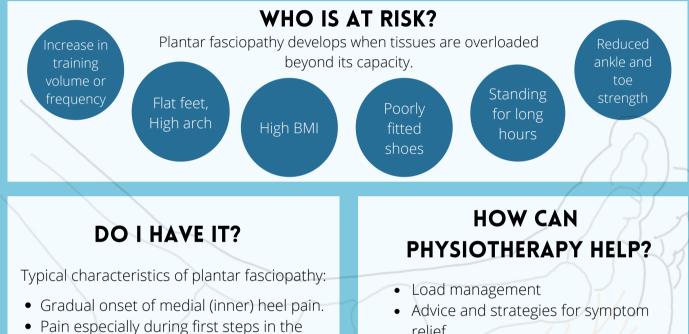
PLANTAR FASCIOPATHY

PHYSIC

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.





- morning & after a long period of rest. Pain usually subsides with activity and flares up again after activity
- relief
- Progressive strengthening program to increase load capacity of tissues

PHYSIO

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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