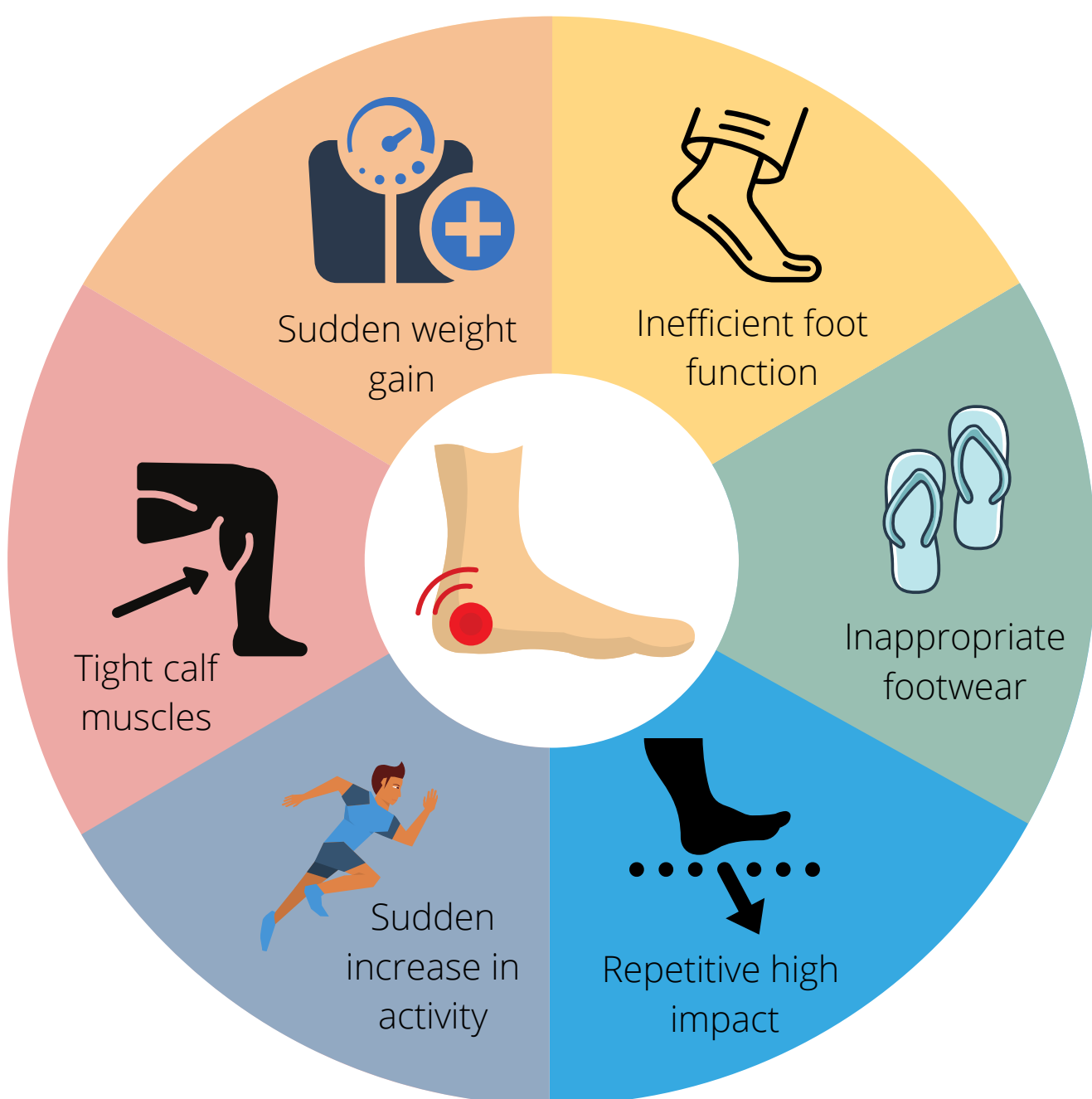


Plantar Fasciopathy

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:



Scan the QR codes for more information:



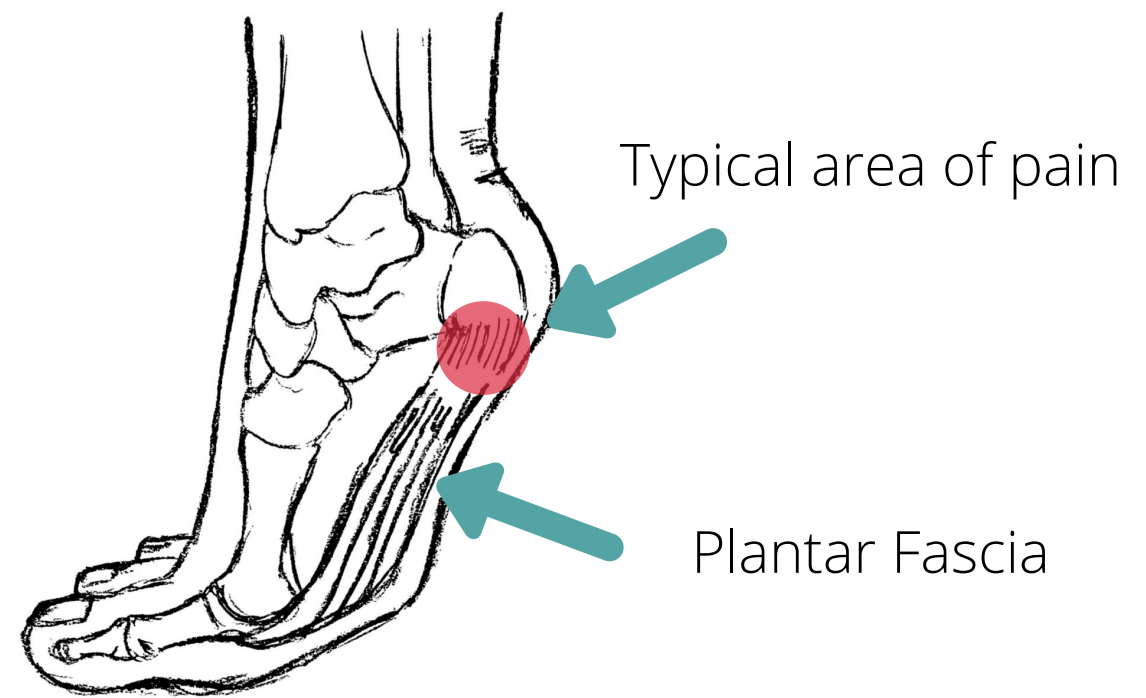
Stretches and Exercises for Plantar Fasciopathy



How to Choose Appropriate Footwear



FAQs on Plantar Fasciopathy



Common treatment options



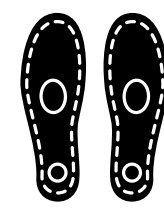
Activity modification - Refrain from high impact activities that aggravate pain in the plantar fascia



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

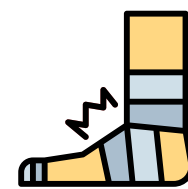


Orthoses - For better control of foot function to reduce strain on the plantar fascia



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.