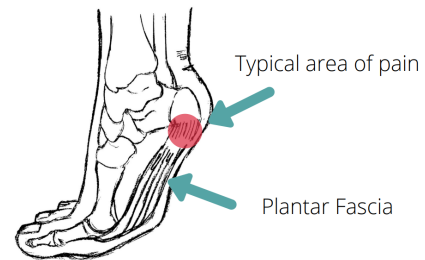
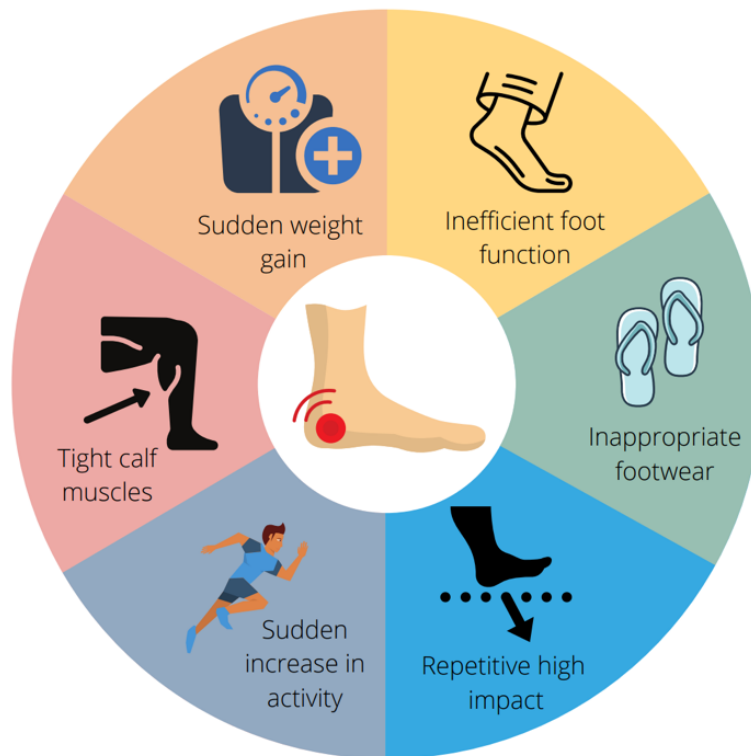


Plantar Fasciopathy

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:



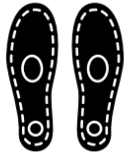
Activity modification – Refrain from high impact activities that aggravate pain in the plantar fascia



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:



NTFGH Podiatry

Look under “Patient Resources” for the following resources and more



**Stretches and Exercises for
Plantar Fasciopathy**



**How to Choose
Appropriate Footwear**



**FAQs on Plantar
Fasciopathy**