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:

- Sudden weight gain
- Inefficient foot function
- Tight calf muscles
- Sudden increase in activity
- Repetitive high impact
- Inappropriate footwear

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.