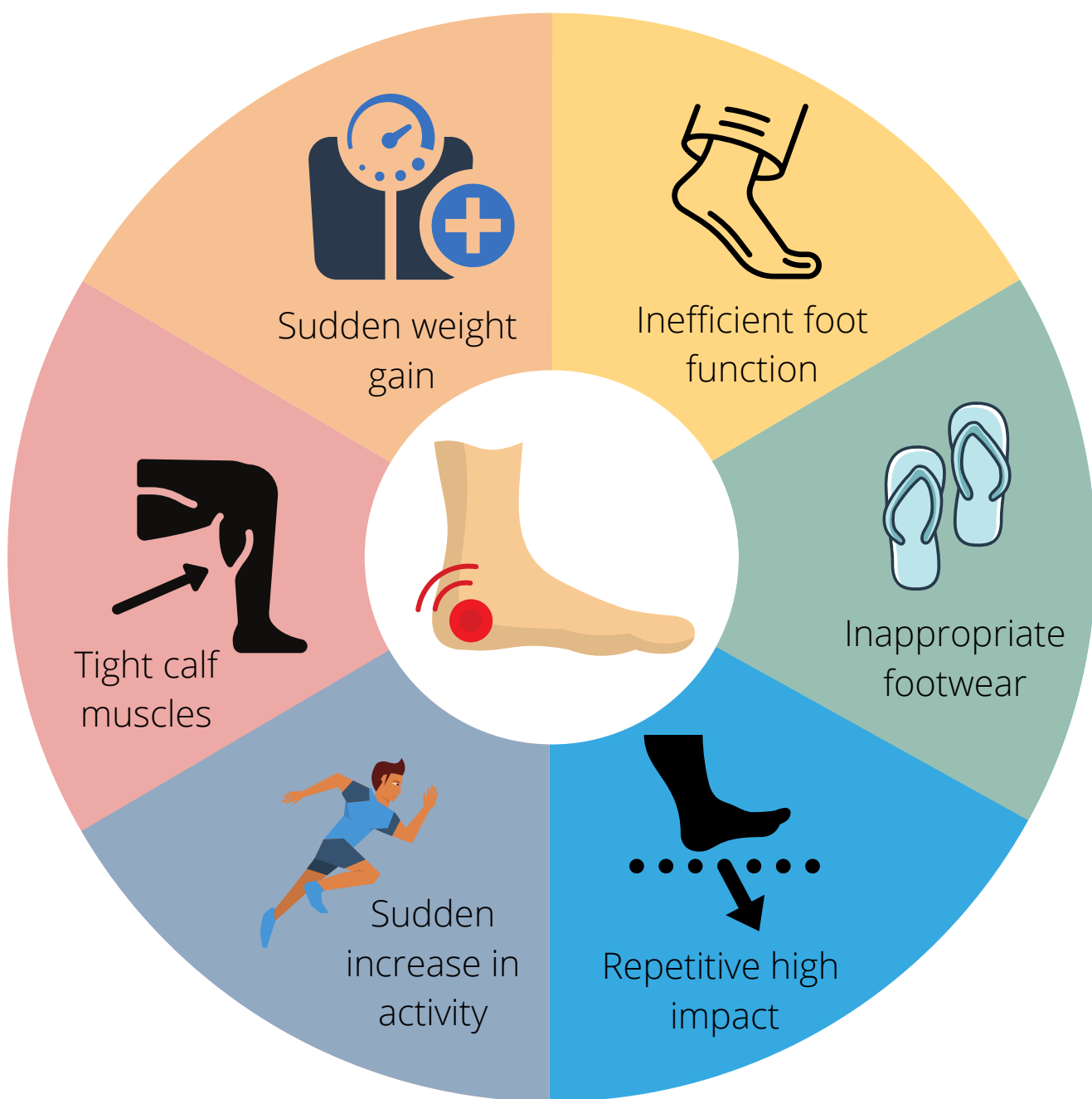


# Plantar Fasciopathy

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:



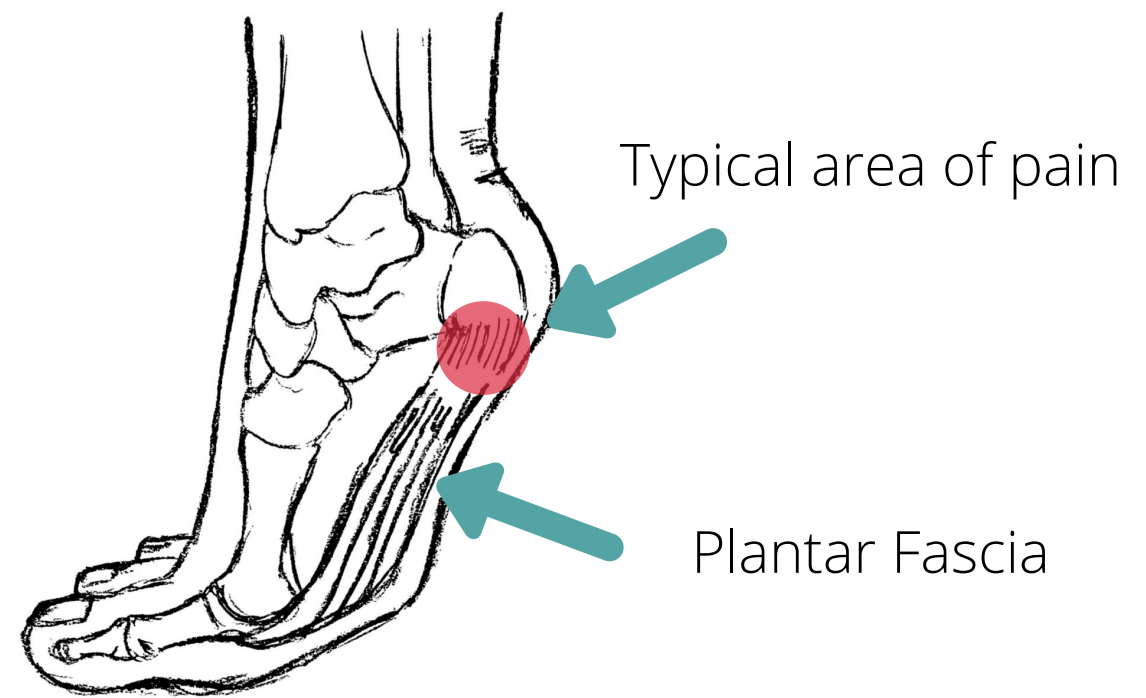
Stretches and Exercises for Plantar Fasciopathy



How to Choose Appropriate Footwear



FAQs on Plantar Fasciopathy



## Common treatment options



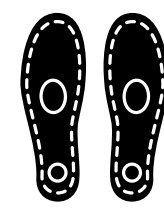
**Activity modification** - Refrain from high impact activities that aggravate pain in the plantar fascia



**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

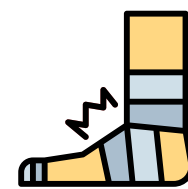


**Orthoses** - For better control of foot function to reduce strain on the plantar fascia



**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.