



Polyclinics
SingHealth

Plantar Fasciitis



*Disclaimer: Please note that the instructions shown are strictly for general information only.
If you have any queries, kindly check with your healthcare provider.*



SCAN ME



What is plantar fasciitis?

Plantar Fasciitis is the most common cause of heel pain. It occurs when there is inflammation of the plantar fascia, a thick tissue at the bottom of the foot that connects from the heel to the toes and supports your foot arch.





What are the common causes of plantar fasciitis?

Repetitive overstraining of the plantar fascia causes inflammation and pain.

Contributing factors may include:

- Recent weight gain and obesity
- Sudden increase in exercise that places immense pressure on the heel
- Prolonged standing and walking
- Poorly fitted and unsupportive footwear
- Foot mechanics problems such as flat feet, high arched feet, or an abnormal pattern of walking that affects the weight distribution on the foot
- Tight or weak leg muscles
- Traumatic injury
- Age (plantar fasciitis is most common between ages of 40 to 60 years)



What are the signs & symptoms of plantar fasciitis?

- An “on and off”, sharp or pulling pain that usually develops on one or both feet, slowly over a period of weeks or months
- Pain may occur around the inner aspect of the heel or along the mid arches of the foot
- Pain is usually worse in the mornings, especially with the first few steps. It may subside but becomes noticeable again at the end of the day
- Pain arises upon standing after prolonged sitting
- Pain after prolonged standing or high-impact sporting activity



Do you need an imaging scan?

Imaging scan is not needed to diagnose plantar fasciitis. Diagnosis can be made clinically through history and physical examination.

Your doctor will evaluate your condition and may order imaging such as X-ray, ultrasound scan or magnetic resonance imaging (MRI) only if necessary.









Did you know?

Calcaneal or heel spurs found on x-rays do not cause plantar fasciitis pain.



E What are the treatment options?

Depending on the condition, your healthcare provider may recommend:

Lifestyle and activity changes  <ul style="list-style-type: none"> • Avoid baring feet at home • If you are overweight, manage your body weight to reduce the weight borne by your feet • When there is a flare up, <ul style="list-style-type: none"> — Apply an ice pack for 10 minutes on the affected heel — Reduce high-impact exercises like running or jogging. Go for swimming or cycling instead 	Physiotherapy  <ul style="list-style-type: none"> • Appropriate exercise programme can improve your pain and regain your normal function • Physical modalities such as Extracorporeal Shock Wave Therapy (ESWT), heat therapy or ice pack can help to relieve your pain and promote recovery 	Podiatry  <ul style="list-style-type: none"> • Further foot mechanics assessment may be required • Appropriate supportive shoes or orthotics (insoles) can help to correct the foot biomechanical problems
Medications  <ul style="list-style-type: none"> • Your doctor may prescribe analgesia such as paracetamol or non-steroidal anti-inflammatory drugs (NSAIDs) to help with the pain and inflammation 	Injections  <ul style="list-style-type: none"> • Corticosteroid injection may be considered in some cases • Multiple injections are not recommended as they can weaken the plantar fascia and possibly cause it to rupture 	Specialist referral  <ul style="list-style-type: none"> • Plantar fasciitis rarely requires surgery. • Your doctor will only refer you to see a specialist when necessary for further investigation and treatment.

Simple home exercises:

1



2



3



**You may perform these exercises
2-3 times a day:**

1. Calf (Gastrocnemius) stretching:
Hold 30 seconds, 3 repetitions
2. Calf (Soleus) stretching: **Hold 30
seconds, 3 repetitions**
3. Roll foot over a rolling pin, tennis ball or
golf ball for **1-2 minutes**

Note:

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