

FOOT CARE

PLANTAR FASCIITIS



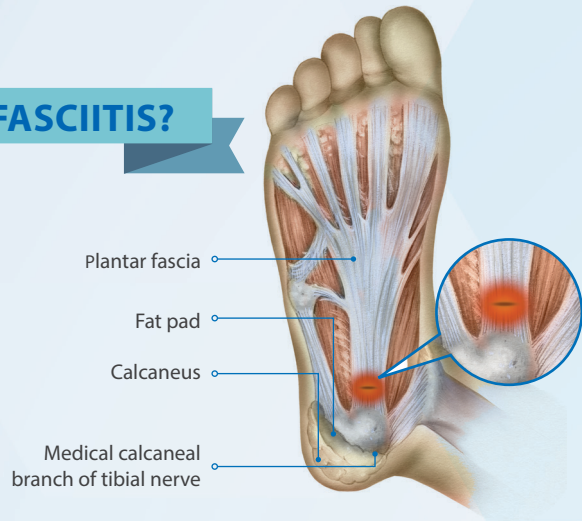
Your Tools to Good Health



Polyclinics
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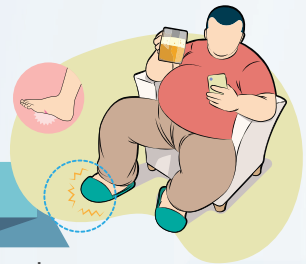
WHAT IS PLANTAR FASCIITIS?

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



WHAT ARE THE TYPICAL SYMPTOMS?

- An "on and off", sharp or pulling pain that usually develops slowly over a period of weeks or months.
- Pain may occur around the heel or along the mid arches of the foot.
- Pain is usually most significant in the mornings, especially with the first few steps.
- Pain subsides but becomes noticeable again at the end of the day.
- Pain arises upon standing after periods of prolonged sitting.
- Pain usually occurs only on one foot at first, but may develop on both feet over time.



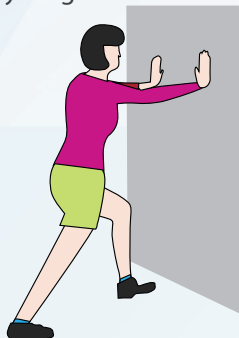
WHAT CAUSES PLANTAR FASCIITIS?

Plantar fasciitis is caused by straining the connective tissue instead of ligament that supports your arch. Other factors that may cause it include:

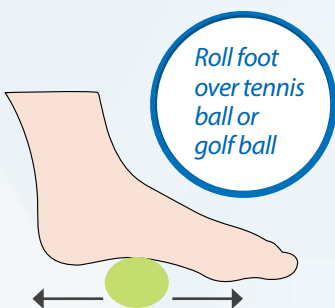
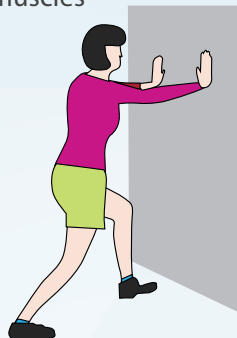
- Recent gain in weight
- Obesity
- Sudden increase in exercise
- Prolonged standing and walking
- Poorly fitted and unsupportive footwear
- Biomechanical dysfunction of feet (for example, flat feet / high arched feet)
- Tight calf muscles
- Natural process of ageing
- Traumatic injury

HOW IS IT TREATED?

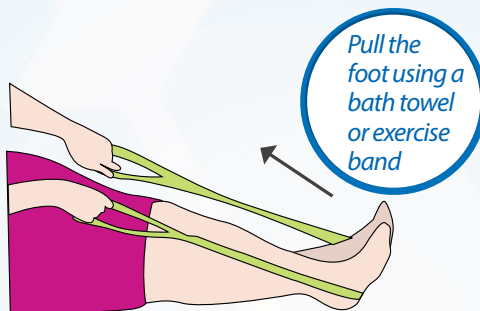
- Rest feet as much as possible
- Reduce weight bearing exercises like running. Go for swimming or cycling instead, for example, instead of jogging, try swimming or cycling
- Use heat or ice pack as instructed by podiatrist
- Wear supportive shoes
- Avoid going bare-footed at home
- Do stretching exercises on the calf muscles



*For about
30 seconds
each time*



*Roll foot
over tennis
ball or
golf ball*



*Pull the
foot using a
bath towel
or exercise
band*



*Supportive
foot insoles as
recommended
by podiatrist
to address the
biomechanical
dysfunction*



Please consult your doctor or podiatrist if your pain or symptoms worsen.



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