

Plantar Fasciopathy

Frequently Asked Questions



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1 Is my heel pain due to a bone spur and do I need to remove it?

Bone spurs are not a typical cause of heel pain. In the case of plantar fasciopathy, heel pain is usually a result of overuse of the plantar fascia itself. As such, treatment of plantar fasciopathy pain can often be carried out without removing the spur.

2 Do I need surgery for my heel pain?

If the heel pain you are experiencing is due to plantar fasciopathy as determined by your doctor or therapist, you are unlikely to require surgery. A mixture of conservative treatment modalities can be used to manage the condition and improve pain levels.

3 Is there any food I need to avoid to help with my heel pain?

Heel pain because of plantar fasciopathy is due to mechanical overuse and is not attributed to your diet. Hence there is no need to avoid any type of food to help with the heel pain.

4 Will weight loss help with my heel pain?

Yes, weight loss can potentially reduce heel pain, especially if you have recently put on weight. With lower body weight, your plantar fascia is subjected to less load with each step you take. The in turn reduces the strain on your plantar fascia and the amount of pain you will experience.

5 How do I fix it?

There may be many risk factors that may lead to the development of plantar fasciitis and therefore, the best management approach is a holistic one where all possible risk factors are identified and addressed by your podiatrist.

6 I have flat feet, is that a bad thing?

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7 How long will it take to get better?

This will be dependent on the effectiveness of the management plan in reducing the load being placed on the plantar fascia and varies from person to person. This is best achieved by having a proper understanding of the condition, as well as adopting a holistic management approach by modifying risk factors to decrease load on the plantar fascia.

8 Will I have to wear orthotics for life?

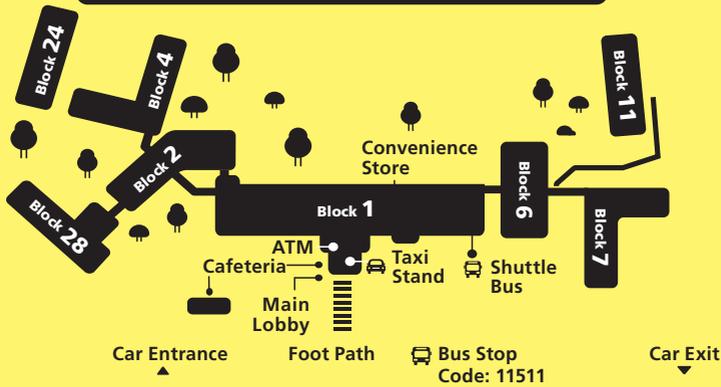
This will depend on your foot function, pain experienced, type and history of injury. Your podiatrist will be able to advise you on this. If you have plantar fasciopathy, orthoses are one type of intervention that helps to reduce loading on the plantar fascia. Simultaneously, other strategies i.e. activity modification and rehabilitation, are also encouraged to further reduce tissue stresses and build greater capacity of your plantar fascia to be able to withstand greater loads respectively.

9 Why do I experience pain first thing in the morning?

When asleep at night, your body is completely at rest and the arch of the foot tends to be in a shortened position while at rest in bed. When you take your first step in the morning, the fibres that make up the plantar fascia immediately stretch from their shortened and tightened position, resulting in microtearing and pain.

If you have any further questions, kindly consult your podiatrist.

How to Get Around Alexandra Hospital



Block 1

Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

Level 2

- Clinic J, Integrated Care Clinic
 - Gynaecology Clinic
 - Outpatient Infusion Centre (OPIC)
 - Podiatry
- Clinic K, Healthy Ageing Clinic
 - Dietetics
 - General Surgery Clinic
 - Palliative Clinic
 - Physiotherapy
 - Rehabilitation & Restorative Medicine Clinic
 - Staff Clinic
 - Urology Clinic
 - Vascular Clinic

Level 3

- Ward 7

Block 2

Level 1

- Clinic D, Dental Centre
- Clinic E
 - Anaesthesia Outpatient Consultation Clinic
 - Orthopaedic Centre

Level 3

- Day Surgery Operating Theatre (DSOT)

Block 4

Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

Level 2

- Wards 2 and 3

Level 3

- Wards 4 and 5

Block 6

Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

Block 7

Level 1

- Wards 8 and 9

Level 2

- Wards 10 and 11

Level 3

- Wards 12 and 13

Block 11

Level 1

- Rehabilitation 2

Block 28

Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (April 2021) and subject to revision without prior notice.

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