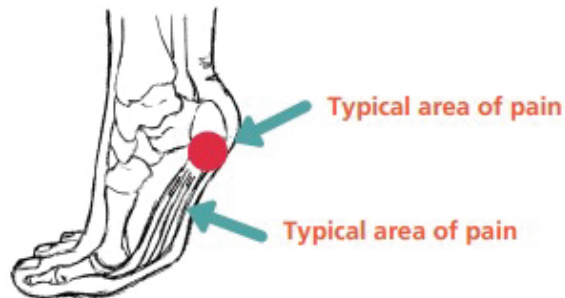


Plantar Fasciitis

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.

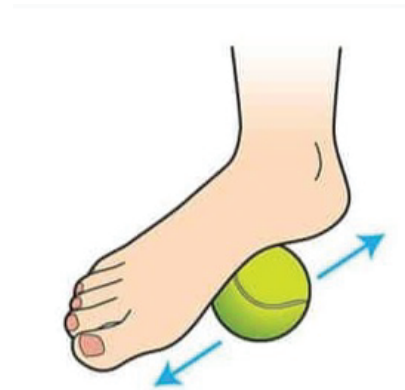
Common sources of stress to the plantar fascia

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



Common Treatment Options:

- **Activity modification**
 - Refrain from high impact activities that aggravate pain in the plantar fascia
- **Cold-water bottle or golf ball massage**
 - Put on a sock and roll foot over a cold-water bottle or golf ball for relief
- **Stretches**
 - Calf stretches and plantar fascia stretches to reduce tension in the plantar fascia
- **Orthosis**
 - For better control of foot function to reduce strain on the plantar fascia
- **Appropriate footwear**
 - Choose footwear with appropriate support or cushioning to the foot to reduce strain on the plantar fascia.



If you have any further questions, kindly consult your medical professional.
For more information, scan the QR codes or click the underlined links below -



[How to choose appropriate footwear](#)



[Exercise video: Plantar fascia stretching](#)



[Exercise video: Seated calf stretching](#)



[Exercise video: Standing calf stretching](#)

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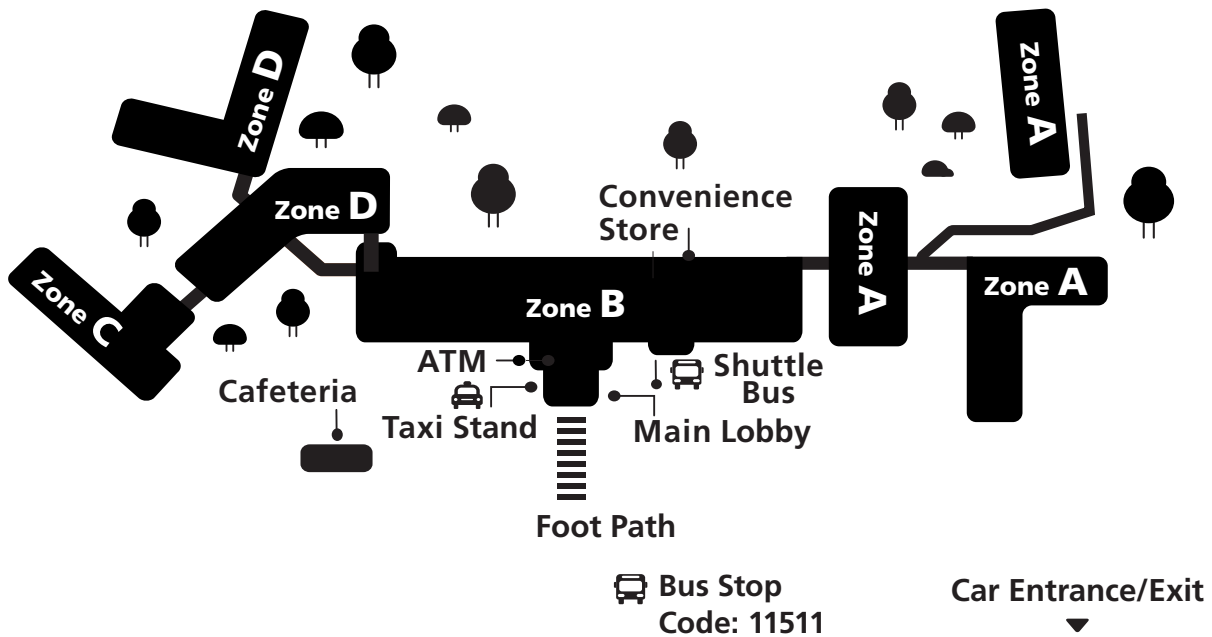
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Scan the QR code to see the full directory of facilities!

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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Information is correct at time of printing Dec 2023 and subject to revision without prior notice.