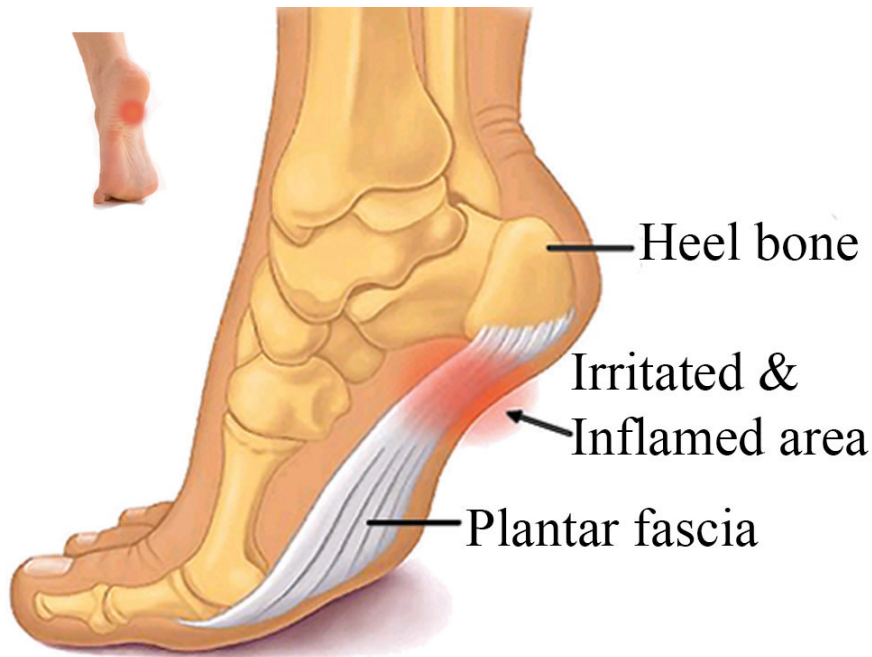


Plantar Fasciopathy (Plantar Fasciitis/Heel Pain)::

There is usually no visible change to the foot with this problem the pictures below show a diagram of the fascia and where it is usually painful. Pain can also sometimes be felt in the arch of the foot.



This diagram shows how body weight can affect your recovery by increasing tension in the plantar fascia:

