

PLANTAR HEEL PAIN

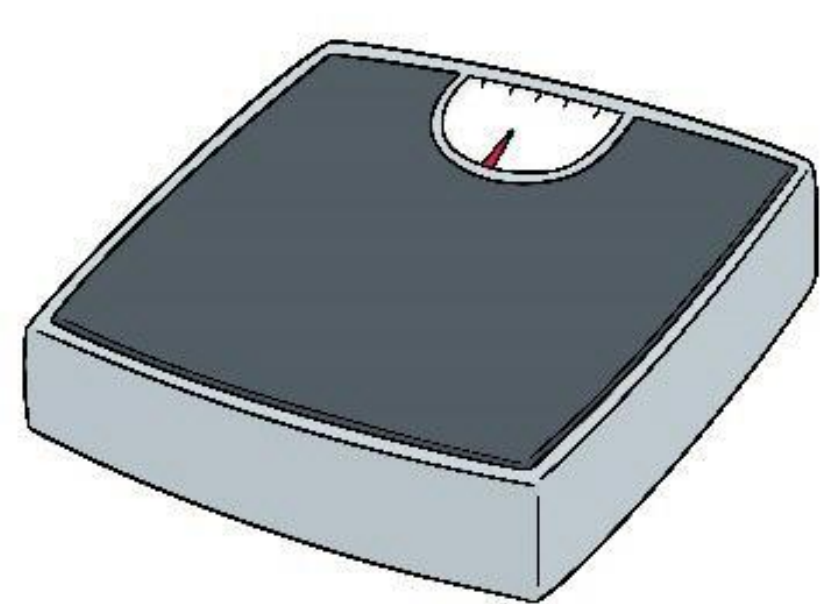
Do You Have Pain at the Bottom of Your Foot?

- Pain felt in your heel while walking
- Pain after long periods of standing
- Condition develops gradually
- Pain on first step after a period of inactivity



If you have these symptoms, you may have a condition known as Plantar Fasciitis (Plantar Heel Pain).

Find out more about this condition and treatment options available by scanning the QR code below!



Healthy weight



Supportive shoes



Stretches



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

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