

足底筋膜炎

成因：

- ◆ 個人因素，如過胖、經常攜帶重物、扁平足。
 - ◆ 長時間站立或行走，令足底受壓。
 - ◆ 長期穿不適當的鞋，如鞋身太緊、鞋底過硬或鞋跟過高等。
- ※ 注意：足底筋膜炎與腳跟骨刺沒有關係。

病徵：

- ◆ 患者通常察覺到腳蹠的內側有刺痛情況。
- ◆ 早上起床腳蹠着地時，痛楚特別嚴重。
- ◆ 站立或行走一段長時間後，疼痛逐漸增加。

診斷：

- ◆ 主要靠臨床檢查。
- ◆ 足底筋膜炎患者的腳痛楚不是因為骨刺壓迫軟組織而引致的，X光檢查不能確診。

治療：

一般方法：

足部休息：

- 避免長時間站立或行走。
- 減輕足部壓力：減輕體重、減少攜帶重物。
- 選擇合適的鞋。如需要，可加入適當鞋墊。

藥物：

外用、口服或局部注射消炎止痛藥，可幫助減輕疼痛及控制炎症。

物理治療：

- 冰敷或熱敷
- 伸展運動 (參考下頁圖例)
- 腳掌運動 (參考下頁圖例)

運動範例：

< 伸展運動 >

(一) 毛巾伸展法

作用：回復小腿肌腱柔軟度

方法：早上落床前，先用毛巾伸展小腳，可減輕腳掌着地時的痛楚。



(二) 靠牆伸展法

作用：回復小腿肌腱柔軟度

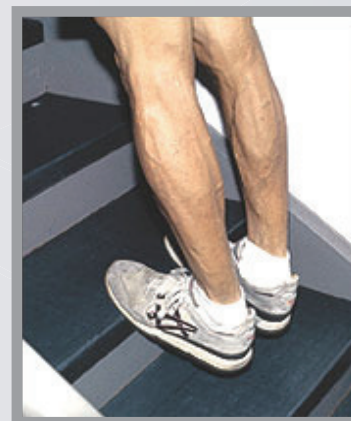
方法：1. 雙手靠牆站立，好腳向前屈曲，患腳向後伸直。
2. 身體向前傾，腳跟不要離地，伸展後腳小腿肌肉，維持 10 秒。
3. 重複動作 5 次。



(三) 梯級伸展法

作用：回復小腿肌腱柔軟度

方法：1. 雙手緊握扶手。
2. 前腳掌踏在梯級邊緣，維持 10 秒。
3. 重複動作 5 次。



(四) 活動伸展法

作用：回復足底筋膜柔軟度

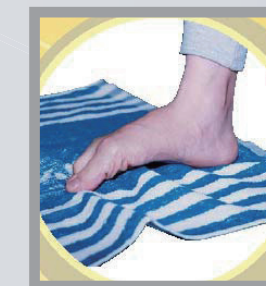
方法：1. 坐在椅子上。
2. 腳掌踏著罐子前後滾動



< 腳掌運動 >

作用：強化足底小肌肉

方法：1. 坐在椅子上，腳踏著地上毛巾。
2. 用腳掌抓毛巾，趾頭保持平放貼地，然後放鬆。
3. 重複動作 20 次。



如有任何查詢，請聯絡醫護人員

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足底筋膜炎 PLANTER FASCIITIS



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PLANTAR FASCIITIS

Causes:

- ◆ Individual factors such as obesity, frequent carrying heavy loads, flat feet.
- ◆ Prolonged standing or walking, with excessive pressure on plantar area.
- ◆ Prolonged wearing of inappropriate shoes, such as tight shoes, high-heel shoes.

※Note: Calcaneal spur is not a cause of the plantar fasciitis.

Symptoms:

- ◆ Pain over medial aspect of heel
- ◆ Serious pain in morning when patient gets up and stands on the ground
- ◆ Pain exaggerated by prolonged standing or walking.

Diagnosis:

- ◆ Mainly based on clinical diagnosis
- ◆ X-ray is not necessary for making diagnosis as calcaneal spur is not a cause of plantar fasciitis.

Management:

General measure :

Give the foot a rest

- Avoid prolonged standing or walking
- Reduce foot pressure: weight reduction, reduce carrying heavy loads.
- Choose the right shoes; use the appropriate insole if necessary

Medication:

Anti-inflammatory medication, either topical, oral or injection, can help to control pain and reduce inflammation.

Physiotherapy:

- ice or heat therapy
- stretching exercises (refer to the illustration on following page)
- foot exercise (refer to the illustration on following page)

Exercise example

< stretching exercise >

1. Towel stretch

Role:

revert flexibility of the calf tendon

Methods:

Before getting up in morning, stretch both feet with towel can reduce pain on standing



2. Wall stretching method

Role:

revert flexibility of the calf tendon

Methods:

1. Stand facing a wall with the hand on the wall. Put the affected leg about a step behind another leg. Bend the front knee.
2. Lean forward to stretch the back leg. Keep the back heel on floor. Stretch the calf muscle for 10 seconds.

3. Repeat five times.



3. Stair stretch

Role:

revert flexibility of the calf tendon

Methods:

1. Hold the handrail securely with both hands.
2. Place the forefoot at the edge of steps for 10 seconds.
3. Repeat five times.



4. Can roll method

Role:

revert flexibility of the plantar fascia

Methods:

1. Sit on a chair.
2. Roll the foot back and forth from toes to heel over a can



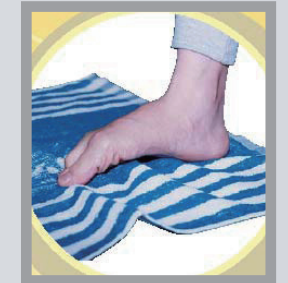
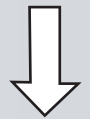
< foot exercise >

Role:

to strengthen the small muscles of the foot

Methods:

1. Sit on a chair, step on a towel placed on the ground.
2. Catch towel with feet while keeping the toes staying on the ground, then relax.
3. Repeat 20 times.



Should you have any queries, please contact your Health Care Provider.

Information provided by Department of Family Medicine and Primary Healthcare, Hong Kong West Cluster