

运动疗法 Exercise Therapy

每日早晚1次 Once every day and night



小腿肌肉伸展
Calf stretches

维持30秒，重复2-3次
Hold for 30 sec, repeat 2-3 times



足底筋膜伸展
Heel stretches

维持30秒，重复2-3次
Hold for 30 sec, repeat 2-3 times



足踝活动度训练
Ankle stretches

上下活动足踝10次，重复2-3次
Move your ankle up and down 10 times, repeat 2-3 times



垫脚跟
Heel raises

反复垫脚跟10次，重复2-3次
Raise your heels 10 times, repeat 2-3 times



脚趾肌力训练
Toes strengthening exercises

用足趾将毛巾卷向自己，重复5次
Curl towel towards you using your toes, repeat 5 times



筋膜球滚动按摩
Massage ball

在足弓处来回滚动按摩球3-5分钟
Roll the massage ball at the foot arch for 3-5 mins

如何鉴别 How to differentiate

足底筋膜炎 Plantar Fasciitis	跟腱炎 Achilles Tendonitis
因过度使用或劳损所致 Caused by overuse or strain	
由于足底筋膜过度拉伸、撕裂或发炎引起的足跟、足底或足弓处疼痛 Pain in the heel, sole, or arch of the foot caused by overstretching, tearing, or inflammation of the plantar fascia	由于跟腱过度使用、劳损或小腿肌肉紧张导致跟腱发炎引起的跟腱及其附着点处疼痛 Pain at the Achilles tendon and its attachment point caused by inflammation due to overuse, strain, or tight calf muscles
晨起或久坐后第一次迈步时疼痛最甚 Pain is most pronounced with the initial steps after getting out of bed or standing up after extended sitting	运动后疼痛加重 Pain aggravates after exercising
疼痛性质可呈尖锐疼痛、烧灼样疼痛或钝痛 The pain may be sharp, burning, or dull in nature	疼痛性质呈轻微疼痛或压痛 The pain is mild or presents as tenderness in the affected area

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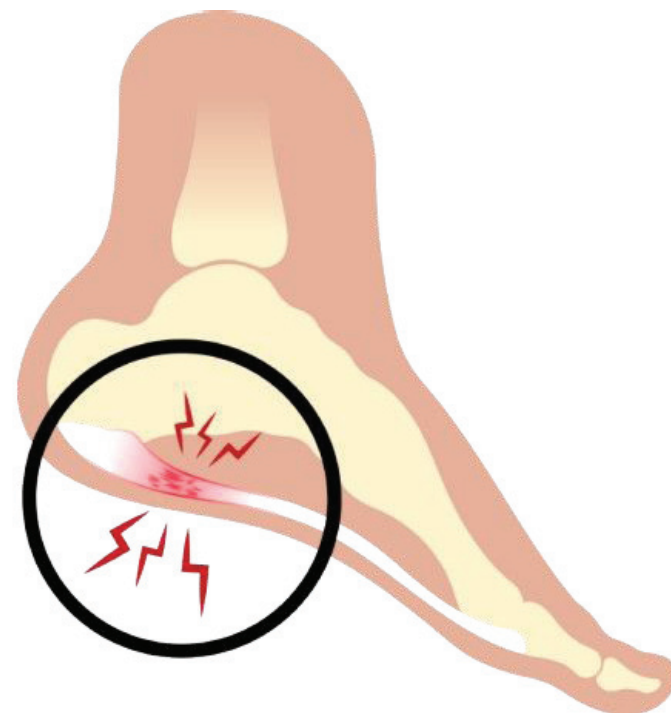
MONDAY - FRIDAY 8am to 5pm
SATURDAY 8am to 12pm
SUNDAY & PUBLIC HOLIDAYS CLOSED

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足底筋膜炎 Plantar Fasciitis



什么是足底筋膜炎

What is Plantar Fasciitis

- 是指跟骨跖面的筋膜由于慢性炎症或微撕裂而引起的足跟处疼痛
It is a common source of heel pain characterized by the inflammation or micro-tears to the plantar fascia
- 好发于40~60岁的中老年人
Commonly seen in people aged 40 to 60 years old

症状 Symptoms

- 足跟周围或足弓下隐痛或刺痛
Dull throbbing or sharp stabbing pain around the heel or under the foot arch
- 久站或久行后感觉足底疼痛
Appears after long hours of standing or walking
- 疼痛在休息或睡眠后更严重
Pain is more severe after rest or sleep



主要导因 Causes

- 长时间跑步或久站久行
Constant running, walking, or standing
- 小腿或足底外伤
Calf or foot injury
- 穿不合适的鞋子
Inappropriate footwear
- 扁平足或高足弓
Flat feet or high arches
- 双脚对齐不正
Incorrect feet alignment
- 肥胖
Obesity



自我护理

Self-care methods

- 休息 + 冰敷
Rest + Ice
- 按摩足底筋膜
Massage plantar fascia
- 足底筋膜伸展 + 复健运动
Stretching + Physiotherapy exercises
- 使用矫形鞋垫 & 夜间夹板
Use orthotics in shoes & wear a night splint
- 减重
Reduce weight



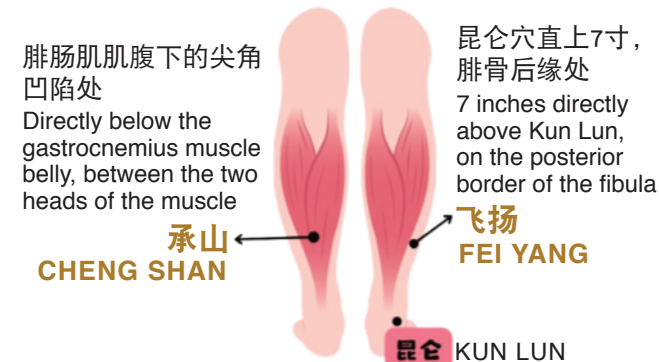
自我按摩穴位

Acupoints for self-massage



涌泉 YONG QUAN

在足底部，蜷足时足前部凹陷处
The depression in the sole when you curl your toes



腓肠肌肌腹下的尖角凹陷处
Directly below the gastrocnemius muscle belly, between the two heads of the muscle

承山 CHENG SHAN

昆仑穴直上7寸，腓骨后缘处
7 inches directly above Kun Lun, on the posterior border of the fibula

飞扬 FEI YANG

昆仑 KUN LUN

太溪直上2寸，跟腱的前方
2 inches directly above Tai Xi, on the anterior border of the Achilles tendon

复溜 FU LIU

内踝尖与跟腱之间的凹陷处
In the depression between the medial malleolus tip and Achilles tendon

太溪 TAI XI

内踝尖下1寸的凹陷中
About 1 inch below the medial malleolus tip

照海 ZHAO HAI

当外踝尖与跟腱之间的凹陷处
In the depression between the lateral malleolus tip and Achilles tendon

昆仑 KUN LUN

昆仑直上3寸，腓骨与跟腱之间
3 inches directly above Kun Lun, on the posterior border of the fibula

跗阳 FU YANG