

## A) Diagnosis and investigations

- How is PF diagnosed?
- What differential diagnoses of plantar heel pain should be considered?
- What is the utility of radiographic imaging, US and magnetic resonance imaging for the diagnosis of PF?

## B) Risk factors

- What are the risk factors for PF?
- How are these risk factors classified?

## C) Treatment modalities

- How should PF be managed appropriately?
  - Role of counselling and activity modification
  - Role of stretching and strengthening
  - Role of adequate footwear
  - Role of antipronation taping
  - Role of orthosis
  - Role of night splint
  - Role of oral analgesia
- When should bedside procedures, such as injectables and shockwave therapy, be offered?
- When should surgery be offered?

## D) Monitoring of condition

- What are the parameters to assess at follow-up visits?
- What are the considerations if a patient had undergone bedside procedures as treatment?
- Is there a utility for US to monitor response to treatment?

## E) Return to work/play

- When can a patient return to lower limb impact activities or sports?
- What are the considerations if a patient uses an orthosis or had undergone bedside procedures?

PF: plantar fasciitis; US: ultrasonography