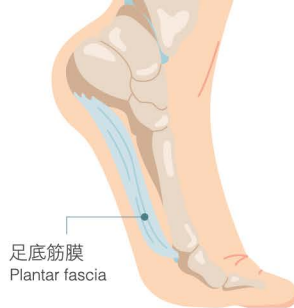


認識足底筋膜炎

Plantar Fasciitis



足底筋膜
Plantar fascia

足底筋膜是一條連接腳跟與腳趾底部的厚實纖維組織，是人體的「天然避震器」。我們行走、跑步、跳躍時，都需要靠它吸收震盪、分散壓力與保持身體平衡。

The plantar fascia is a thick band of fibrous tissue that runs along the bottom of your foot from your heel to your toes, serving as the body's "natural shock absorber". It absorbs impact, distributes pressure, and maintains bodily balance when we walk, run or jump.



足底筋膜
Plantar Fascia



筋腱
Tendon



跟骨
Calcaneus

成因

Causes of Plantar Fasciitis

足底筋膜周圍的軟組織遇長期受壓或受力不均，便有機會引發炎症，屬常見的足部疾病。病發時，除了會產生痛感，接近腳踝的跟骨足底及兩側亦會有輕微腫脹。

When the soft tissues surrounding the plantar fascia are subjected to prolonged pressure or uneven weight distribution, inflammation can occur, making it a highly common foot condition. Upon onset, patients will experience pain, along with mild swelling at the plantar aspect and both sides of the heel near the ankle.

高危族群

High-Risk Groups



工作需要長時間站立、行走或負重
Occupations require prolonged standing, walking, or heavy lifting



長時間穿著高跟鞋或不合適的鞋履
Wear high heels or ill-fitting footwear for extended periods



運動過度
Excessive exercise



體重過重
Overweight



先天「足」障礙人士（如扁平足、高弓足或長短腳）
Foot mechanics (such as flat feet, high arches, or leg-length discrepancies)



長者
The Elderly

日常護理

Daily Care & Prevention

足部是我們每日依賴的重要身體部位，可以透過簡單方法預防及舒緩炎症的發生。

As the foundation of our daily lives, our feet carry us through every single day. Simple practices can help prevent and alleviate the onset of inflammation:



充足的足部休息及減壓時間
Allowing ample time for the feet to rest and decompress



適當進行放鬆筋膜的伸展運動
Performing appropriate stretching exercises to relax the fascia

為什麼早上起床時容易引發症狀？

Why does plantar fasciitis hurt most when getting out of bed in the morning?

休息時足底筋膜處於放鬆狀態而縮短，患者下床著地時足底筋膜承受突然的拉扯，便會造成明顯的刺痛，過了一段時間即使有所舒緩，之後過度行走或站立，痛感又會反覆出現。

The plantar fascia contracts and shortens during rest. When a patient takes their first steps after waking up, the plantar fascia is subjected to sudden stretching, resulting in a sharp, piercing pain. Although this discomfort may ease after moving around for a while, symptoms frequently worsen following prolonged walking or standing.

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3大積極治療的優勢

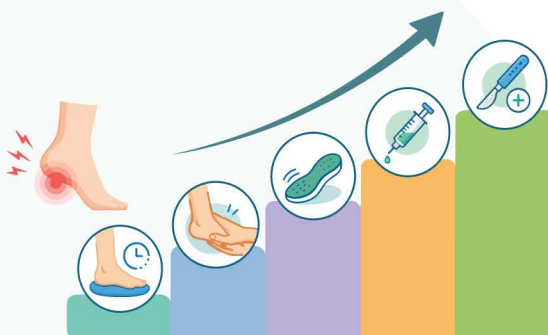
Three Advantages of Active Treatment

香港人日常生活忙碌，不少人未必有時間求診，以為休息後可康復。若忽略病因，復發機會極高。

而足底筋膜炎臨床上一般採用「階梯式」的治療策略，從侵入性最低的方法開始。

With their hectic daily routines, many people in Hong Kong often struggle to find time for medical consultations, assuming that simple rest will lead to recovery. However, ignoring the underlying cause of the pain results in an exceptionally high risk of recurrence.

Clinical management for plantar fasciitis generally follows a stepwise approach treatment, starting with the least invasive methods.



1 優勢 Advantage 1:

精準診斷，排除其他骨科隱患 Precise Diagnosis to Rule Out Hidden Orthopedic Conditions

腳跟痛不一定是足底筋膜炎。醫生會透過臨床檢查、超聲波或X光影像檢查，以排除骨折、神經受壓或嚴重的骨刺問題。

Heel pain is not always synonymous with plantar fasciitis. A doctor will utilize clinical examinations, along with ultrasound or X-ray imaging, to rule out alternative conditions such as fractures, nerve compression, or severe bone spurs.



2 優勢 Advantage 2:

多元化的保守治療方案 Diverse Options for Conservative Treatment

物理治療及止痛藥等方法是目前常用的傳統治療，但不少患者仍受持續的疼痛困擾。「超聲波介入治療」便提供了一個精準且有效的選擇，醫生能更主動地對付難治性疼痛。

While conventional methods like physical therapy and pain medication are widely used, many patients continue to suffer from persistent, lingering pain. "Ultrasound-Guided interventions" offers a highly precise and effective treatment, allowing doctors to proactively target intractable pain.

醫生透過實時影像導航，針對病變組織精確地進行注射和針刺治療。患者須接受局部麻醉，過程中的不適感極微。不少患者治療後一星期已獲顯著改善。

By using real-time imaging guidance, the doctor can deliver medication injections and needling therapy with precision directly at the pathological tissue. The procedure is performed under local anesthesia, ensuring minimal discomfort for the patient. Many patients experience significant improvement just one week post-treatment, successfully regaining a pain-free stride.



3 優勢 Advantage 3:

避免「連鎖反應」傷及膝腰 Preventing a "Chain Reaction" That Damages the Knees and Spine

長期忍痛行路會令步姿走樣（補償性步姿），進而將壓力轉移至膝蓋、髖關節及腰椎，引發其他部位疼痛。積極治療不僅是為了救腳，更是為了保護其他關節。

Enduring pain and walking with it over a long period alters your gait (compensatory gait), which shifts mechanical stress to the knees, hips joint, and lumbar spine, triggering pain in other areas. Active treatment is not just about saving your feet; it is about protecting the rest of your joints.

