**Webinar on plantar heel pain**

**Topics covered**

19.30-19.45u Introduction

19.45-20.00u Diagnosing

20.00-20.15u Risk factors

20.15-20.30u Prognosis

20.30-21.20u Tailoring treatment:

* + - * + Orthoses
				+ Load management
				+ Stretching
				+ Heavy-slow resistance training
				+ Corticosteroid injection
				+ Shockwave
				+ Percutaneous needle electrolysis
				+ Surgery

21.20-21.30u Q&A