**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