

## التهاب اللقافة الأخمصية

# Plantar Fasciitis

Tibb al-Nabawi Protocol · Authentic Hadith · Prophetic Remedies · Modern Clinical Evidence

Heel pain from plantar fascia inflammation.

**MEDICAL DISCLAIMER:** This protocol is for educational purposes only. Consult a qualified physician before applying any remedy or undergoing Hijama therapy. Pregnant women, children, and patients with chronic conditions require specialist guidance. Hijama must be performed by a certified practitioner.

## EXHAUSTIVE REVELATION · QUR'AN

أو أخطأنا ربنا ولا تحمل علينا إصرا كما حملته على الذين من قبلنا ربنا ولا تحملنا ما لا طاقة لنا به لا يكلف الله نفسا إلا وسعها لها ما كسبت وعليها ما اكتسبت ربنا لا تؤاخذنا إن نسينا

"Allah does not charge a soul except [with that within] its capacity. It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned. Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear."

**Surah Al-Baqarah · 2:286** — This verse is invoked in classical Tibb for patients with chronic musculoskeletal burdens that limit standing and walking capacity, specifically addressing the burden (ثقل) of weight-bearing pain that plantar fasciitis imposes on the feet.

## VISIT OUR CLINIC FOR PROFESSIONAL TREATMENT

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We provide: Hijama (Wet Cupping) by qualified practitioners · Ruqyah Shar'iyah · Prophetic Herbal Medicine · 100% Organic Products (Sidr Honey, Ajwa Dates, Black Seed, Indian Costus, Moringa, Olive Oil, and more) · Hijama Diploma Course.