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Effects of morphological and mechanical properties of plantar fascia and heel pad on balance performance in asymptomatic females

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Highlights

What is already known

- Foot is essential part of the body to maintain the balance.
- Changes in foot structure such as foot posture and foot muscle morphology can affect balance performance.
- Morphological and mechanical properties of plantar fascia and heel fat pad are essential for stability and shock absorption of the foot and ankle complex.

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