

VIDEO TRANSCRIPT

What causes Plantar Fasciitis?

Let's talk about what actually causes Plantar Fasciitis, because when you understand what can cause it then you can either make the choice to avoid or maybe engage in a different way. We'll talk common causes, we'll talk about how the plantar fascia gets overloaded and then irritated.

We'll talk about why the shape of your shoes matters and how to safely add load and build strength to the feet and lower leg without aggravating foot pain. I think there's also a common misconception that all foot pain is Plantar Fasciitis. And in the bonus section, I'll talk about other types of foot pain and how they're related. But in general, foot pain is caused from either too much, going too fast, not having enough rest, or not having enough movement overall.

The human body is sort of like, "Goldilocks and the Three Bears." We need just enough movement, but not too much. And if we are gonna do a lot, we need to be prepared for it. And the best way to prepare yourself for it is to move better and to move more. And for all types of foot pain our goal is going to be the same. We want to reduce tension that's causing pain, we want to build strength safely, and we want to improve endurance so that you have the energy and the strength over time.

So that you can have a full day on your feet without experiencing any discomfort or any pain, right? We want to rebuild coordination and that endurance so that that becomes the new normal, and pain becomes a thing of the past.

Now specifically for Plantar Fasciitis, we've already talked about how the plantar fascia is deep fascia that is typically highly organized with collagen fibers, and that's partly what gives it its strength but also its elasticity. And we've talked about how that in cases of Plantar Fasciitis, it's not just inflammation that's creating pain, but it's the inability of the tissue to repair itself and then these degenerative changes that can create pain.

So microscopically what's going on, right? We typically wanna see those organized collagen fibers that provide that strength. But in the case of Plantar Fasciitis, or any tissue honestly, with degeneration, you're gonna start to see more disorganization. There's an unraveling happening. The fibers no longer have strength, but they're actually weak. And in this scenario, this is where we have tension, not just in the plantar fascia, but in the entire foot and lower leg.

Because all of these surrounding tissues are trying to hold things together because this foundational stability structure in the foot is no longer able to, you know, hold its load, so to speak.

The foot is a highly complex structure. It just looks like a thing at the end of your leg, but it has 33 joints, 26 bones, more than 100 muscles, tendons, and ligaments that are all working together to help you stand and walk and move.

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And when we end up in this degeneration and painful state it's typically because the tissues are being overloaded or asked to be bearing weight too much, too fast for too long and they're not able to repair fast enough in the evening.

So when you go to bed, your tissues are all doing their house cleaning and repairing. And if there's not enough time for that repair to happen, that's when we run into issues. Now, this also happens because of overuse like we've talked about, but also misuse, which we're gonna talk about in just a moment.

So the fix isn't to just stop moving, because Like we've talked about, not enough movement can also be an issue for our feet, and our whole body is like "Goldilocks and the Three Bears" and her oatmeal.

But one of the reasons things feel so stiff in the morning with Plantar Fasciitis is because of that stiffness that is set in overnight from that lack of movement as you sleep. Again, thinking of the foot and its 33 joints, means that there's 33 places where movement can happen. And what is one of the most common things that you do with your feet all day that can impact how they're moving?

It's your shoes and the shape of your shoes. And traditional shoes have a more narrow toe box that not only compresses the foot, but also limits the amount of movement that can happen over the entire foot. Now remember we talked about the role of the plantar fascia in that windlass effect, and its ability to be the spring in your step.

And if the ball of your foot, or really any part of your foot, is restricted or constricted that's going to change how the foot moves. Restrictive shoes restrict movement. And not just in the toe box, that is important, looking for a toe box that is wide. And in the bonus section, I will cover more about how to actually select a shoe that is foot shaped and is more helpful for your feet.

But they can be restrictive also in the flexibility of the sole. So if the sole of your shoe is so rigid that your foot can't do its natural movement, like it would, that it's going to allow it to be more footlike, that's going to put you potentially in a scenario where not enough movement is happening, and not enough strengthening is happening, and then you end up experiencing pain.

Now, what about training? Because you may have also experienced this, you had no problems with your feet, and then you went on a vacation, or you went to a theme park, or you just, you know, spent a long day on your feet, now you have foot pain and it's becoming increasingly difficult to get out of it. So this is a situation where over-training can create this disorganized degeneration and irritation because your body is not able to pick up the slack, right?

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Too much, too fast, without enough rest, or not enough movement at all. But also too much too fast can contribute to this discomfort. And while the initial onset of the pain may be because of inflammation, when the pain is persistent because we haven't changed how we're moving, which led to the discomfort in the first place, that's how we get into the cases of chronic pain, chronic Plantar Fasciitis, chronic foot pain, and into this more degeneration type state.

And this can even happen if you are walking on a novel surface, right? Maybe again, thinking of this vacation idea, you're walking on dirt or sand or cobble stones instead of your normal concrete or grass. All of these little changes do affect how your foot moves.

And so in the workout exercises you're gonna learn how to build the strength of your foot so that it is strong and resilient and adaptable for whatever type of surface you're walking upon. So coming up, we're gonna cover the best tools to manage your foot pain. We'll talk about all the different kind of tools from foam rollers, to vibrating foam rollers, to those hard wooden stick things. And I'll also share my favorite tools to reduce that pain causing tension.