

## WHAT IS THIS AND HOW DOES IT OCCUR?

The pronated foot is one in which the heel bone angles inward and the arch tends to collapse.

A “knock-kneed” person has overly pronated feet. This flattens the arch as the foot strikes the ground in order to absorb shock when the heel hits the ground, and to assist in balance during mid-stance.

If habits develop, this action can lead to foot pain as well as knee pain, shin splints, achilles tendinosis, posterior tibial tendinosis, and plantar fasciitis.

Excess pronation usually causes over-use type injuries, occurring most frequently in runners. When a neutral foot pronates during walking or running, the lower leg, knee and thigh all rotate internally. When an athlete with an overpronated foot runs, this rotation movement is exaggerated.

## WHAT DAMAGE HAS HAPPENED?

Excess stress on the inner surface of the foot through over pronation can cause injury and pain in the foot and ankle. Repeated rotational forces through the shin, knee, thigh and pelvis also place additional strain on the muscles, tendons and ligaments of the lower leg.

In particular plantar fasciitis is one of the most common foot problems treated in physiotherapy clinics. Biomechanical dysfunction including pronation of the foot is the most common origin of plantar fasciitis



## HOW CAN PHYSIOONE ASSIST?

- We can diagnose the problem
- We can educate you on why it is occurring and show you how to manage it
- We can provide stretches for areas which are too tight
- We can provide strengthening for core areas which are weak and are affecting the alignment of the body
- We can assist you in footwear and further referral on if required
- We can do soft tissue therapy to release the tight muscles
- We can use tape and fit orthotics to unload painful structures and assist in correcting muscle/biomechanical imbalances.