

What is pronation?

One of the most common causes of foot and leg discomfort is excessive pronation. Normal pronation of the foot (or “rolling inward”) is necessary as the foot adapts to the ground for each step. However, with excessive pronation the arch flattens or “collapses” and joints that should be stable become very loose and flexible. At first, excess pronation may cause fatigue but as time goes by, the strain caused by excess pronation can lead to injury.

Signs of Excess Pronation

- When standing, your heels lean inward.
- You wear shoes out quickly. You may wear the outside of the bottom of the heel of your shoe, but the shoe heel cups lean inwards.
- Your arch is flatter when standing than when you are sitting.
- When standing, one or both of your knee caps turn inward.
- You walk or run awkwardly.
- Your foot slaps the ground as you walk and people can “hear you coming”.

How is it treated?

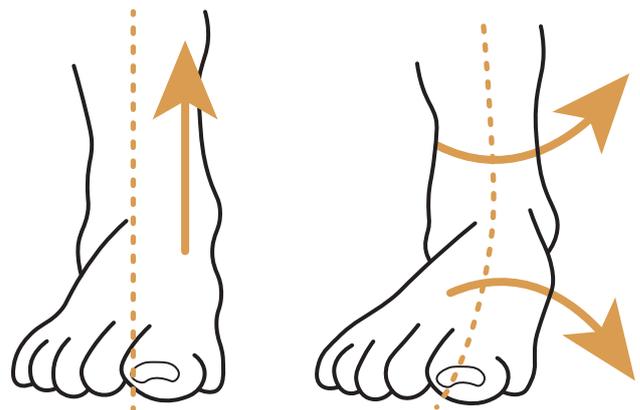
Excessive pronation can be controlled or reduced. Your Podiatrist will prescribe treatment that brings the joints of the foot back into a more normal position, thus increasing arch stability and decreasing irritation between the bones involved.

The most successful treatment for excessive pronation is the use of custom foot orthotics. Orthotics are medical appliances that are custom made to correct your excess pronation and are different from the off the shelf “arch supports”. Made from durable high-impact durable materials, orthotics fit comfortably in your shoes. As you wear them, they gently hold your feet in their proper position for comfortable standing or walking. The use of orthotics can eliminate the painful symptoms often associated with pronation.

Common Symptoms

Excess pronation can cause or aggravate:

- Heel pain
- Bunions
- Shin splints
- Knee pain, especially behind the knee cap
- Hip and lower back pain



NEUTRAL

PRONATION

Orthotics for Pronation

If you have been prescribed orthotics to manage your symptoms, it is advisable to use them as often as possible, even in the house. Ask your podiatrist about some “home friendly” orthotic shoe or sandal options.



For further information on your foot health or to discuss treatment options with a podiatrist, please contact your local my FootDr podiatry centre.