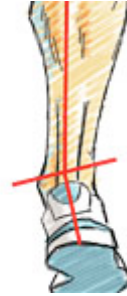


Over-Pronator

What is pronation?

Pronation is the motion of rolling the foot inward. Over pronation occurs when the arch of the foot collapses and results in excessively flat feet. When this occurs, body weight and impact during activity is placed on the inside of the foot that can create problems in the knees, hips and lumbar spine.



What are the symptoms?

Symptoms of over pronation might include pain located at the arch of the foot, the ankle, knees, hips or the lumbar spine. Over pronation can lead to fatigue and strain on the muscles, tendons and ligaments in the ankle/foot joints as well as all of the joints above the foot.

Treatment:

One should first consult a physician prior to treatment. Treatment may consist of arch supports, custom made orthotics, or motion-control shoes during activity.

If you would like more information about this issue, or need a physician referral in your area, please call us at 310-860-9720.