

Ankle Supination

What is it?

Supination is the outward rolling of the foot at the ankle, which happens during the push off phase of running, walking or jumping. Excessive/over supination can cause damage to the ligaments, tendons and muscles of the lower leg. Acute over supination may cause stretching or tearing of the ligaments of the foot and ankle. Can lead to a weakening of the ankle with decreased stability.

What causes it?

Weak or loose tendons and ligaments in the ankle. Weak or fatigued muscles of the lower leg. Forceful outward rolling of the ankle. Improper or worn footwear. Uneven or sloped running or landing surface.

Symptoms

Pain in the arch, heel and/or knees and hips. Instability in the ankle. Pain over the outside of the ankle. Pain may be immediate with acute over-supination, such as ankle sprain.

Top Tips

Ice, immobilise and take anti-inflammatories as soon as possible.

How to treat it

Rest, ice. Anti-inflammatories. Acute over supination may require medical attention and immobilisation. Chronic supination will require correction of the underlying problems, whilst allowing adequate rest for the tissues to recover.



Rehab

Proper warm ups. Strengthening and stretching of the muscles of the lower leg may support the ankle, keeping it moving in the correct plane and reducing excessive supination. Orthotics and gait analysis may be required. Gradual return to activity. Correct running form. Ensure proper footwear and a smooth flat running or landing surface.

Definitions

Ligament – a short band of tough, flexible fibrous connective tissue which connects two bones or cartilages. Holds a joint together.

Tendon – flexible, inelastic connective tissue attaching muscle to bone

Acute Supination – sudden outward rolling of ankle. Tends to be a direct result of an injury.

Chronic Supination – repeated outward rolling of ankle. Tends to be a direct result of an underlying problem, building up over time.

Sprain – a stretching or tearing of ligaments

Orthotics – medical devices worn inside your shoes to correct biomechanical foot issues

Gait Analysis – the assessment of how an individual uses their body during motion – the biomechanical function of movement.

Associated Conditions

- Ankle Sprain
- Posterior Tibial Tendinitis
- Peroneal Tendon Subluxation
- Peroneal Tendinitis
- Osteochondritis Dissecans (Ankle)
- Pronation
- Retrocalcaneal Bursitis
- Extensor and Flexor Tendinitis

Get Help Now

Products

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Services

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com

