

What is it?

The inward rotation of the foot during walking or running. Pronation a natural part of normal gait. Excessive pronation can lead to some chronic injuries and acute over-pronation can lead to sprains and strains.

What causes it?

Loose or torn tendons from previous ankle injuries. Weak or fatigued muscles of the lower leg. Improper or worn footwear. Uneven running or landing surfaces

Symptoms

Pain in the arch, heel and/or knees and hips. Pain during the landing phase of running or jumping. Instability of the ankle. Pain may be immediate for acute over-pronation, such as ankle sprain, or gradual for chronic pronation disorders.

Top Tips

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

How to treat it

Rest, ice and anti-inflammatories. For acute injuries – immobilisation and reduction of weight bearing activities may be required. For chronic injuries – seek help from sports medicine professional to identify and correct the problem.



Rehab

Correct the underlying problem – change running surface, footwear. Orthotics, gait analysis. Proper warm ups and cool downs. Stretching and strengthening will keep lower leg muscles strong and flexible. Completely rehabilitate any ankle injury before gradually returning to activity to prevent re-occurrence.

Definitions

Sprain – a stretching or tearing of ligaments

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

Strain – excessive stress or overload to muscle or tendon.

Tendon – flexible, inelastic connective tissue attaching muscle to bone

Acute Pronation – sudden inward rolling of ankle. Tends to be a direct result of an injury.

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

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)
- Ankle Supination
- Retrocalcaneal Bursitis
- Extensor and Flexor Tendinitis

Get Help Now

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