

## **PRONATION**

### **What It Is**

How your feet move when you walk or run is called pronation. Normal pronation occurs when your feet roll inward about 15 percent. Your feet support your body weight and come in total contact with the ground. This facilitates proper shock absorption. If inward rolling exceeds the normal percentage, you are overpronating. This does not allow the shock to be effectively absorbed, and there can be issues stabilizing the body as a result. Should the rolling movement be less than the “normal” 15 percent, underpronation occurs, causing the major bulk of the pushing off work to be accomplished by the outside, smaller toes. How you pronate affects your gait. Poor pronation can adversely affect your feet, ankles, and knees.

**Hint: *Knowing how your feet pronate can better help you select a proper running shoe.***

At some point in their lives, most people suffer from some kind of foot disorder—from foot odor and nail problems to bunions and disease. Heredity, neglect, injuries, and medical conditions are often the culprits. We provide personalized, friendly, caring and complete foot and ankle care. Specializing in custom molded orthotics to treat foot and ankle pain. We also offer cold laser therapy for acute and chronic foot and ankle pain.