

## WHAT IS PRONATION?

Pronation refers to the inward roll of the foot during normal motion and occurs as the outer edge of the heel strikes the ground and the foot rolls inward and flattens out. A moderate amount of pronation is required for the foot to function properly, however damage and injury can occur during excessive pronation. When excessive pronation does occur the foot arch flattens out and stretches the muscles, tendons and ligaments underneath the foot.



Pronation

## WHAT IS SUPINATION?

Supination is the opposite of pronation and refers to the outward roll of the foot during normal motion. A natural amount of supination occurs during the push-off phase of the running gait as the heel lifts off the ground and the forefoot and toes are used to propel the body forward. However, excessive supination (outward rolling) places a large strain on the muscles and tendons that stabilize the ankle, and can lead to the ankle rolling completely over, resulting in an ankle sprain or total ligament rupture.



Supination

## Symptoms

Excessive pronation and supination can cause a number of ailments that affect the foot, ankle, knees, hips and back. Some of the more common symptoms of excessive pronation and supination are listed below.

- Arch pain
- Heel pain
- Flat feet
- Corns and calluses
- Ankle sprains
- Shin Splints
- Achilles tendonitis
- Knee pain
- Hip pain
- Back pain

Warming up prior to any physical activity does a number of beneficial things, but primarily its main purpose is to prepare the body and mind for more strenuous activity. One of the ways it achieves this is by helping to increase the body's core temperature, while also increasing the body's muscle temperature. By increasing muscle temperature you're helping to make the muscles loose, supple and pliable.

## Choosing the right footwear

That brings us to the next point. What should you be looking for when purchasing a new pair of shoes?

1. Choose a shoe that suits your running gait and foot type. Money spent at the podiatrist now, for a complete foot-strike and running gait analysis, will save you much heart-ache and discomfort later. Having a shoe that suits your foot type is the best prevention for injury and pain.
2. When having your shoes fitted have both feet measured to ensure you get the most appropriate size, and remember, your feet are three dimensional. The length of your foot is only one part of a proper fitting, measure your feet for width and depth to get a better fit.
3. When purchasing footwear make your purchase in the later half of the day. Your feet will swell during the normal course of a day, so avoid making a purchase in the morning as you may find that your new shoes are half a size too small by the afternoon.
4. When trying on new shoes always wear the socks that you will be using with your new shoes.
5. Never purchase tight fitting shoes in the hope that they will stretch or wear-in over time

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