

PRONATION (Flat Feet) **Info Sheet**

Introduction

Podlink Info Sheets are designed to provide Foot Pain sufferers with a printable version of basic information to assist in the understanding of various foot & leg pain complaints. They provide information on the possible causes and treatments of those complaints.

Please remember that the following information is for guidance only and if you are in any doubt at all we recommend that you consult your local GP, Podiatrist or Physiotherapist without any further delay.

What is Pronation (Flat Feet)?

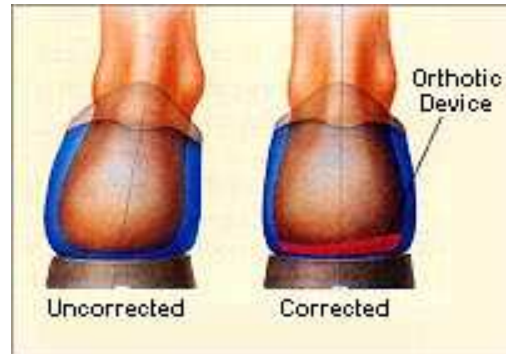
Pronation is the natural motion of the foot as it rolls inward after the foot makes contact with the ground. Over-pronation occurs when the arch of the foot flattens excessively causing excessive stress and pressure on tissues and ligaments of the foot. Over-pronation (or flat feet) can lead to numerous foot problems including plantar fasciitis, ankle pain, shin pain and knee pain.

What causes Pronation (Flat Feet)?

Flat feet don't automatically mean you have a problem. The problem can be divided into a flexible flat foot or rigid flat foot. The rigid flat foot is one that does not change shape when the foot becomes weight bearing. i.e. it does not go through the excessive motion of pronation. Generally speaking this foot does not provide too many problems. The flexible flat foot is the type that when it becomes weight bearing the foot and ankle tends to roll in (pronates) too far. **See the below diagram for a description of this action.** When the foot is excessively pronating and causing problems like sore ankles, feet or knees when standing or exercising then arch support is extremely important to restore the foot structure.

Factors contributing to flat feet:

- Genetic predisposition
- Obesity
- Pregnancy
- Exercising on hard surfaces without adequate foot support or cushioning.

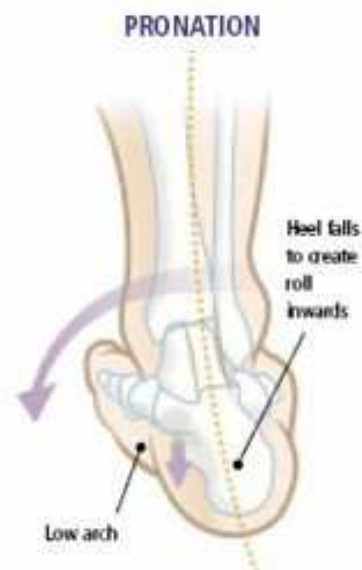


What treatments help Flat Feet?

Treatment with Podlink **foot care orthotic** will provide the required arch support to effectively reduce excessive pronation and restore the foot and its posture to the right biomechanical position. Due to the moderate control and shock absorption provided by the flexene material Podlink orthotics are very well tolerated by the flat foot.

We highly recommend gradually wearing in Podlink orthotics over 2-6 weeks. The foot will adapt to this biomechanical posture reducing the symptoms quickly.

It should also be ensured that footwear has sufficient support - for example, shoes should have a firm heel counter to provide adequate cushioning.

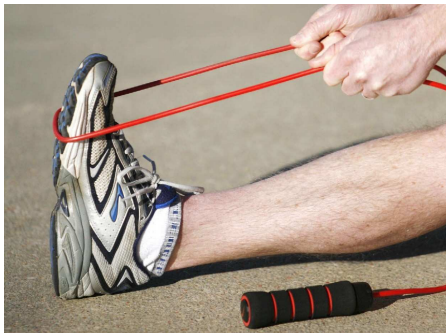


Combine Podlink orthotics with the **appropriate footwear** and additional recommendations below for best results.

Reduce or stop exercising for a period of time to allow inflammation in the foot area to subside.

Ice the affected area. Icing is a very effective way of reducing inflammation. You can use any technique that suits your needs but we generally recommend approximately 10 minutes to the painful area no more than every four hours. The end of the day is generally the most effective time. Ice packs can be bought at most pharmaceutical retail outlets and sports stores. It is always a good idea to place the pack in a towel so the cold pack or ice is not in direct contact with the skin.

Stretching the muscle groups around the foot region. Daily stretching can be effective in reducing tension in the muscles and tendons.



Stretches should be done in a gentle motion until tension is felt in the muscle then hold for 20 seconds and rest for one minute then repeat 3-4 times. If burning in the leg or muscle occurs you may be applying too much force. If pain persists you may have to see a foot care professional.



Podlink Orthotics Features & Benefits

Podlink Orthotics provides genuine **medical grade biomechanical alignment** of the foot. They are not simply cushioning insoles.

Podlink Orthotics are **designed by Podiatry Professionals** with more than 20 years clinical experience.

Podlink Orthotics are made from a combination of Flexene & Polypropylene providing **long lasting relief, absorption and control** compared to other EVA alternatives that compress and quickly lose control.

Our belief in our product is supported by **our commitment** to provide our on-line customers with a **no risk** foot pain solution.



For more information on Flat Feet or other foot and leg pain related complaints please refer to our website www.podlink.com.au