Article Side

Flat Feet and over Pronation: How Orthotics Can Help by James William

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In order to absorb the shocks of the ground impact, the foot has to act in a specified manner. This manner is called pronation. Pronation is a movement in which the foot rolls inward the midline of the body. When Pronation becomes excessive, it is called Over-Pronation. Over-Pronation is the condition in which the foot acts abnormally as it rolls too far towards the midline of the body which causes the arches to be placed under huge strain. Eventually, the arches collapse. If the strain on the arches is repetitive, the ligaments, joints, muscles and tendons are strained under this excessive load. This combination of excessive pressure on the foot may cause what is called Overuse Injuries. If not treated, the pressure of the body's weight would be put on different areas of the foot which causes a lot of pain in the knee, ankle and heels.

Over-Pronation is a condition that happens when the arch of the foot collapses. This causes the ankle to turn inside and put the pressure on the inner part of the foot. It may cause a lot of pain and disorder in the foot; therefore it must be treated as soon as possible. Runners are the most vulnerable to this kind of injury. Excessive pressure on the foot may cause the condition to become worse. Some of the people who have Pronation problems can walk normally; others may develop a damage that is referred to as flat feet.

Sometimes Over-Pronation is called "flat feet." It happens because of mechanical misalignment of the foot. Flat foot is a very serious condition that may cause foot damage if not treated properly. The long arch of the foot collapses and causes the foot to be flattened. This occurs when the height of the arch drops slightly. This misalignment results in excessive tear on the foot and causes a lot of pain.

The symptoms of over-pronation often depend on the age of the person, how much activity this person does and how serious the problem is. Knee, lower back and shin pain are some of the other symptoms of Over-Pronation.

Over-Pronation can be treated with Orthotic Innersoles. They help maintain the arch of the foot and help it recover from the collapse. Wearing properly fitted shoes is very important because it helps regain the arch's original position and height. Shoes must absorb ground shocks to protect the foot from the ground hits. DocPods offers orthotics that helps support the natural arches and limit the wear and tear on the flat foot, which in return limits the pain it is exposed to. There are three different types of the DocPod Orthotic. The Ultra Soft Orthotics is recommended for athletic people. The 3/4 Orthotics is designed for work uses. Slimline Orthotics is designed for fashion shoes so that the wearer can enjoy the benefits of orthotics and still look fashionable.

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