

## **PRONATED FOOT**

The bones, ligaments, and joint capsules that regulate the foot's arches make up the passive subsystem of the foot core.

•The neural subsystem, which is comprised of the sensory receptors in the foot, is the third subsystem in the foot core concept. The tendons, ligaments, plantar fascia, and muscles that make up the active and passive subsystems.

> Forefoot – Abduction and supination (relative to hind foot )

>Talar head – Displaced medially , anteriorly and downwards

> Calcaneum everts, dorsiflexors – hind foot is in valgus

> Navicular – Subluxate dorso-laterally , uncovering the talar head

## **SIGNS AND SYMPTOMS**

- 1.Abnormal walking pattern
- 2.Foot fatigue
- 3.Arthritis
- 4.Tight Achilles tendon
- 5.Ankle swelling
- 6.Foot cramps
- 7.Toe drift
- 8.Collapsed plantar arches

## **MANAGEMENT**

- 1.Golf ball roll
- 2.Toe curls
- 3.Big toe raise
- 4.Toe extension
- 5.Toe spread
- 6.Arch domes
- 7.Calf raises
- 8.Resistance exercises
9. Sand walking