

# Foot Types and Associated Injuries

## Neutral Foot

The desired foot type and the least likely to have injuries



## Supinated Foot

High arched foot, poor shock absorption as weight is transferred from the heel to the forefoot while the arch is maintained.

### Common Injuries:

- Ankle sprains
- Stress fractures
- Corns and Callous
- Hammer toes
- Knee and lower back pain



## Pronated Foot

Low arched foot, can be referred to as 'flat foot'. You see medial bulging at the inside of the ankle and little to no arch profile.

### Common Injuries:

- Ankle pain
- Arch pain
- Heel pain
- Shin pain
- Bunions
- Knee pain (OA, PF syndrome)
- Hip and lower back pain



For any further information regarding foot types or injuries related to foot type please feel free to contact Melissa on the number below.



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