

Figure 14.5 Ankle joint pronation during the foot contact phase. At heel strike, the calf alignment lies nearer to the midline than the line of heel alignment. At foot stance, this relationship is reversed as the ankle joint pronates rapidly so that line H lies medial to line C. At midstance, lines C and H overlap, indicating the neutral foot position has been reached as a result of resupination of the ankle joint, which starts before midstance. At toe-off, the position of full supination is recreated.
 C = calf alignment H = heel alignment

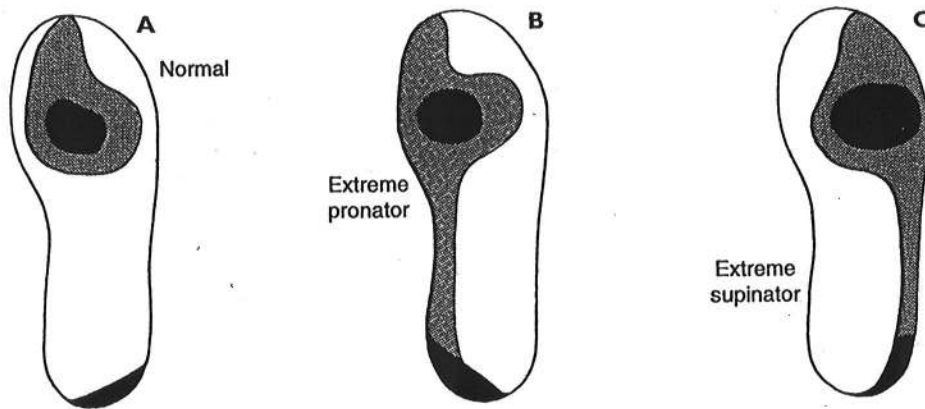


Figure 14.8 Outsole wear patterns of the shoes of three different runners. In the normal wear pattern (A), the heel wears on its lateral side and in the forefoot underneath the first and second toes. The extreme pronator (B) strikes on the medial side of the heel with the wear along the inner shoe border. The extreme supinator wears exclusively along the outer border of the outsole (C).



High-arched foot

Normal foot

Flat foot