

My Feet Roll Inward When I Walk or Run

Understanding Flat Feet & Overpronation

What Is Causing Flat Foot & Pronation-Related Pain?

Flat feet occur when the arch of the foot is reduced or absent, causing the foot to roll inward (pronate) more than normal during walking or running. This can be flexible — where an arch appears when the foot is not bearing weight — or more rigid and structural.

What Does It Feel Like?

- Aching or fatigue in the arch or heel after standing or walking
- Pain that can radiate up into the ankle, knee, hip, or low back
- Swelling along the inside of the ankle
- Uneven or excessive wear on the inside edge of your shoes

What Causes It?

- Genetics and inherited foot structure
- Weakening of the posterior tibial tendon with age
- Carrying extra body weight
- Pregnancy
- A prior foot or ankle injury

What Makes It Worse?

- Prolonged standing or walking
- Unsupportive footwear
- High-impact activity without proper support

When Should I Be Concerned?

- A sudden, new-onset flat foot in adulthood with significant swelling and pain along the inside of the ankle — this can signal posterior tibial tendon dysfunction and needs evaluation
- Progressive deformity over time

The Good News

For most people, flat feet are simply a variation of normal and don't require treatment. When they are symptomatic, physical therapy focused on foot and ankle strengthening, gait retraining, and supportive footwear or orthotics is highly effective.

Symptomatic relief is often seen within **4 to 6 weeks** of a targeted strengthening program.

This information is for general educational purposes only and is not a substitute for a professional evaluation. Call us today — we have immediate openings with no waitlist.

Call (781) 769-2040 | Book online at www.ptandsr.com