

Overpronation Affects the Whole Body

Excessive pronation (inward rolling and flattening of the feet) can **cause pain** throughout the body:



Hip & Knee



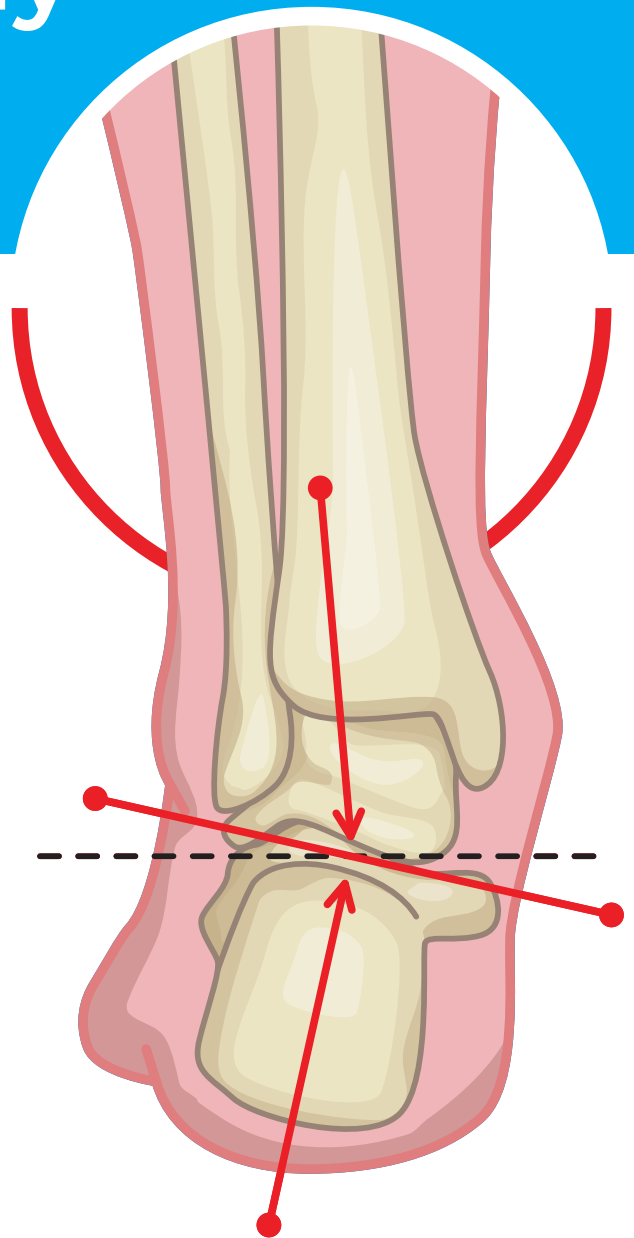
Shoulder



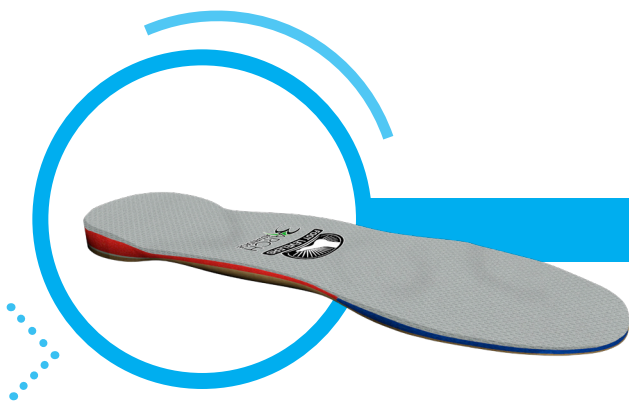
Lower Back



Head & Neck



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