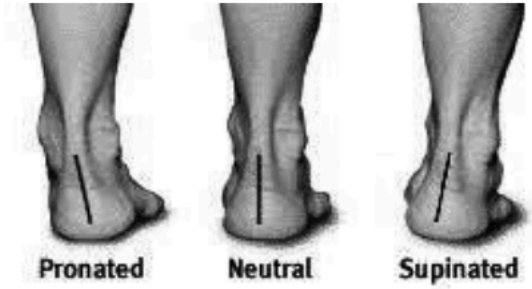
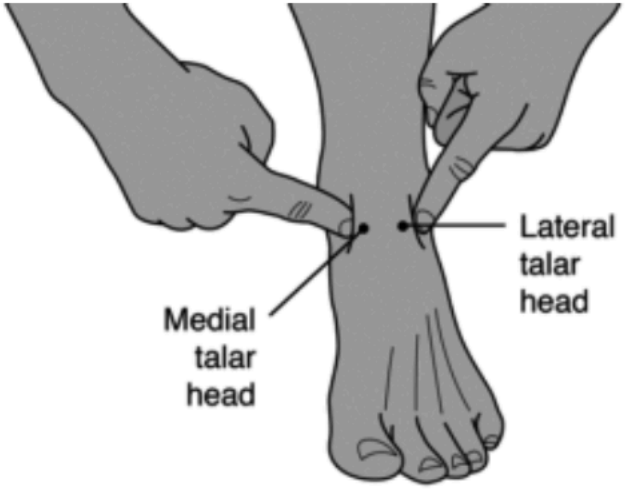
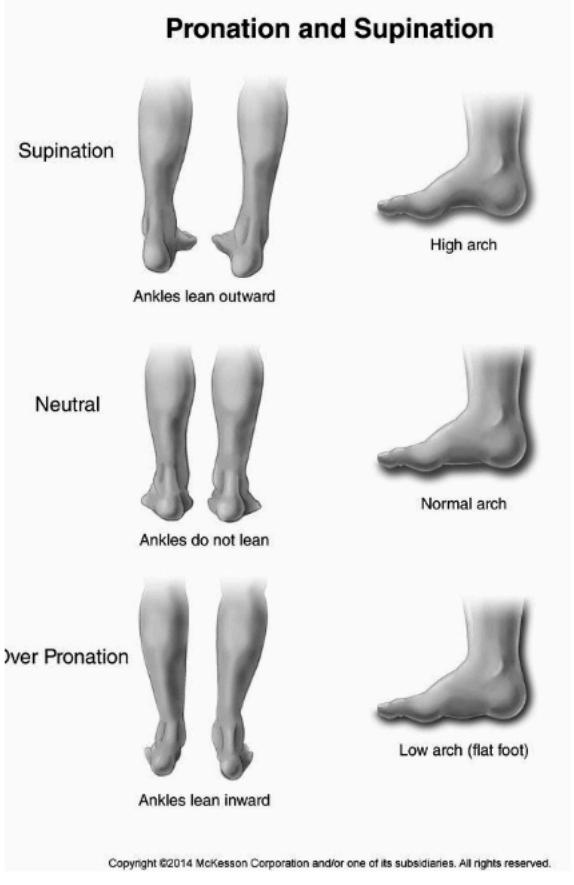

Pronated
Neutral
Supinated


Lateral talar head
Medial talar head


Pronation and Supination
Supination
Ankles lean outward
High arch
Neutral
Ankles do not lean
Normal arch
Over Pronation
Ankles lean inward
Low arch (flat foot)
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