

## Categories

## Factors

### A) Intrinsic

#### Anatomical

- Excessive femoral anteversion
- Leg-length discrepancy
- Obesity
- Pes cavus (high-arched feet)
- Pes planus (flat feet)

#### Biomechanical

- Achilles tendon tightness
- Hamstring tightness
- Limited ankle dorsiflexion
- Overpronation
- Triceps surae tightness

### B) Extrinsic

#### Footwear

- Poor arch or heel support
- Worn out footwear

#### Occupation

- Carrying heavy loads
- Prolonged standing

#### Training

- Changes in running form
- Inappropriate training load