Supination (or underpronation) is the insufficient inward roll of the foot after landing. This places extra stress on the foot and can result in iliotibial band syndrome of the knee, Achilles tendinitis, plantar fasciitis.

Runners with high arches and tight Achilles tendons tend to be supinators. Shoes will wear on the entire outside edge, and the side of the shoe becomes overstretched. If you place shoes on a flat surface, they tilt outward.

Remedies:
Remedies: Wear shoes with curved lasts to allow pronation. Lightweight trainers are often best, as they allow more foot motion. Also, check for flexibility on the medial (inner) side of the shoe. Supinators should do extra stretching for the calves, hamstrings, quads and iliotibial band.