

Sample



The pictures above highlight the motion of your arms. Your left elbow is rather far from your body, and you can see through the opening. The twisting motion of your upper body has implications to what's happening to your legs & feet. Your right arm tracks much straighter in the forward plane such that no space is visible. Over time, you'll be able to achieve symmetry. This is something that I'm still trying to fix, too! I think it comes from upper body swimming strength in the lats and chest.

The pictures below illustrate the moderate amount of supination movement of your left foot. See how the outside of the foot will come into contact with the ground first? You can also see how you push off slightly to the outside as well. Nothing much to worry about here.



The pictures below show the pronation and outward twist of your right foot. As you toe-off, you can see how more of your power is coming from the inside of your foot (compared to L-foot above). Your heel is essentially inside of your toes. After the toe-off and during recovery, it swings way outside. There's a very high degree of twisting here. This is a key area that you should focus on, as I believe an alignment correction, combined with strength/flexibility training, is the recipe to overcome your Achilles tendonitis.



Sample