IMPROVING PRONATION: UNDER PRONATION
Improving Pronation

Under Pronation

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**Foot exercises**

**Foot rolling**

SETS: 1
TIME: 2-3min (each leg)

**MOVEMENT:** • sit down on the chair • place a spikey/tennis ball under one foot • bring it under the 1st metatarsal head • now lean forward with your body to put more weight on that foot • roll the ball under the big toe, then under the metatarsal head, slowly moving towards the heel • alternate between pointing and flexing your toes to intensify the massage as you roll back and forth • ensure that the movement is slow
Towel Curls

SETS: 1 TIME: 1-2min (each leg)

**MOVEMENT:** • sit down on a chair • put a towel under your foot • keeping the heel still, try to pull the towel towards you • achieve that only by scooping it in with your arch and toes • keep all five toes engaged • try to create a deep dome under the arch as you pull the towel towards you

**PROGRESSION:** Add an opposite motion of the towel curl - push the towel forward with your foot by curling and uncurling your toes
# Foot exercises

## Marble picking exercises

**SETS: 1**  **TIME: 1-2min (each leg)**

**MOVEMENT:**  • sit in a chair with your feet flat on the floor  • place a handful (10-15) of marbles on the floor in front of you  • now start working the toes to try and pick up one marble at a time with each foot  • when successful, put the marble aside and move to the next marble

**TIP:** If too small, feel free to use a slightly bigger object – the idea is to exercise the foot by encouraging the ‘grabbing’ motion
Ankle exercises

Foot Inversion

SETS: 2 REPS: 12 (each leg)

**MOVEMENT:** • sit down • wrap the resistance band around the forefoot and anchor it to a chair/table on the same side, relatively far away (depending on the band resistance) • turn the foot in to stretch the band, against of its resistance • now release • keep moving the forefoot and perform small ‘in’ and ‘out’ movements
Ankle exercises

Foot Eversion

SETS: 2 REPS: 12 (each leg)

MOVEMENT: • sit down • wrap the band around the forefoot (from the side) and anchor it to a chair/table on the opposite side • flex your foot towards the shin • make sure the bottom of your foot faces inward initially • work the foot by performing small ‘out’ and ‘in’ movements against resistance of the band
## Calf exercises

### Single leg calf raises

*(knee straight)*

**SETS:** 2  **REPS:** 12 (each leg)

**MOVEMENT:**
- Stand up with your feet close together
- Now lift one foot off the ground and balance on the other leg
- Start working the supporting foot by lifting the heel off the ground until you stand on the toes (bring your heel high)
- Supporting leg straight
- Keep the other leg constantly lifted behind you
- With your toes pointed forward, lift the supporting heel and flex your calf to raise your body up
- Keep lifting and lowering the heel slowly throughout the exercise
- If necessary, hold onto a chair for support
Calf exercises

Single leg calf raises

(*knee bent*)

SETS: 2 REPS: 12 (each leg)

**MOVEMENT:** ● for this exercise, use a staircase or a small yoga block ● step onto the surface with one foot ● place the forefoot onto it and let the heel ‘hang’ off the step, keep it in the air ● bend the knee of that leg slightly ● keep the other leg lifted behind you ● with your toes pointed forward, slowly lift the heel up ● flex your calf to raise your body up ● repeat the lifting motion throughout each set ● when finished with the raises, slowly drop the heel down (below the level of the forefoot) to stretch the back of the lower leg ● to reinforce the stretch, straighten the knee and drop the heel even lower ● hold for 10 seconds then bend the knee and drop the heel down again ● hold for 10 sec.
Calf stretches

Downward dog

(alternate heels to the ground)

SETS: 2 TIME 30sec (each leg)

MOVEMENT: • start of ‘all fours’ • lift your knees away from the floor and extend your arms in front of you • lift your hips up • initially, keep the knees slightly bent • start lifting your heels • drive your pelvis up toward the ceiling as high as you can • create an inverted ‘V’ position • start bringing heels to the ground for more stretch • alternate feet • keep lowering and lifting the heels to and from the floor
Iliotibial band stretch (ITB)

Seated hip and ITB stretch

SETS: 1 TIME: 30sec (each leg)

MOVEMENT: • sit on the floor • extend both legs in front of you
• bend one knee and place the foot on the same side over the straight
leg on the outside of the thigh • point the ‘top’ knee directly up at the
ceiling • rotate your torso towards it and over the other side • set the
opposite arm on the outside the thigh that is being lifted use the
elbow to push the standing leg to the side • look back and twist your
torso back as far as you can • hold the stretch
Iliotibial band stretch (ITB)

**ITB stretch**

*(with resistance band)*

SETS: 1 TIME 30sec (each leg)

**MOVEMENT:**
- lay down
- bring your right leg straight up
- place an elastic band around your foot and hold the other end with both hands
- keep the elbows by the waist to start with
- now start moving the lifted leg across your body
- feel a stretch on your outer thigh
- if necessary, extend the arms
- hold for 30 secs
- keep the hips flat on the mat

**TIP:**
- increase the IT band stretch by turning your foot inwards
Iliotibial band stretch (ITB)

Peroneal massage (ITB)

SETS: 1  TIME: 30sec (each leg)

**MOVEMENT:**
- start in a side lying position
- place the foam roller directly underneath the outside of your bottom thigh
- using both hands, support your upper body
- slowly roll up and down the length of the ITB (outside part of your thigh)
- use both arms to adjust pressure
- try slightly rotating the leg as you roll for more stretch