

NURVV | RUN
Exercise Plan



**IMPROVING
PRONATION:
UNDER
PRONATION**

Improving Pronation Under Pronation

Foot exercises

Ankle exercises

Calf exercises
and stretches

ITB stretches

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

Foot exercises

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