IMPROVING PRONATION:
OVER PRONATION
Improving Pronation

Over Pronation

Foot exercises

Short foot

SETS: 2  REPS: 10 (each leg)

MOVEMENT: • sit down on a chair • place your foot on the ground • keep it relaxed • pull all your toes down and in • ensure that they don’t leave the ground • aim to lift the arch instead • contract the arch muscles for 3 seconds • release • repeat
## Foot exercises

### Foot rolling

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

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<tr>
<th><img src="image1.png" alt="Foot rolling" /></th>
<th><img src="image2.png" alt="Foot rolling" /></th>
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**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 exercise

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
Foot exercises

Big toe stretch

SETS: 2 TIME: 30sec (each leg)

MOVEMENT: • sit in a chair • bring one foot across your other knee • grasp your heel with one hand • slowly start pulling your big toe back with the other hand • hold and allow a stretch under the bottom of that foot • if the toe is stiff, try alternating the ‘pulling and releasing’ action instead of holding • if a constant hold feels comfortable, hold the stretch for about 15 seconds then prolong the time gradually
Ankle exercises

Ankle Dorsiflexion

SETS: 2 REPS: 12 (each leg)

MOVEMENT: • sit on the floor with both legs extended in front of you  
• loop the band around the middle of your foot and an object placed relatively far in front of you  
• move back with your body to stretch the band out  
• now slowly flex your foot in by pulling all your toes towards you  
• keep the heel and knee on the ground  
• release, pointing the toes  
• work the foot by constantly flexing the ankle and pointing the toes
Ankle exercises

Ankle plantarflexion

SETS: 2 REPS: 12 (each leg)

MOVEMENT: • sit on the floor with both legs extended in front of you
• wrap the band over the forefoot (from the bottom)
• simultaneously, hold the band with both hands • keep the elbows by the waist • now extend the leg to create tension in the band • point the toes • push the foot down against resistance of the band • try to keep your leg straight as you ‘push and pull’ the foot in and out • bend your knee slightly if the exercise feels too challenging
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 • gradually, start working the supporting foot by lifting the heel off the ground until you stand on the toes (bring your heel high) • ensure that the supporting leg is 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 & heel drops 
(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.