

**NURVV | RUN**  
**Exercise Plan**



**IMPROVING  
PRONATION:  
OVER PRONATION**

## Improving Pronation Over Pronation

Foot exercises

Ankle exercises

Calf exercises and stretches

### 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)



**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)



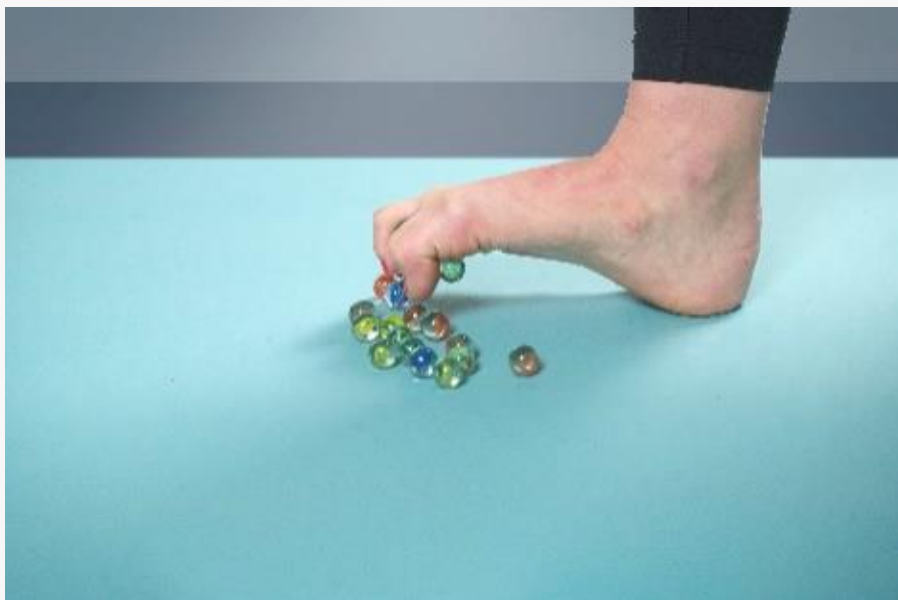
**MOVEMENT:** • sit down on a chair • put a towel under your foot • keeping the heel still, try to pull the towel towards you • achieve that only by scooping it in with your arch and toes • keep all five toes engaged • try to create a deep dome under the arch as you pull the towel towards you

**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.