

# Exercises for Foot Overpronation

(loss of support from arches)

Date: \_\_\_\_\_ Patient: \_\_\_\_\_

## A: Strengthening Exercises

Perform all exercises (or those recommended by your doctor), concentrating on weak muscles, for:

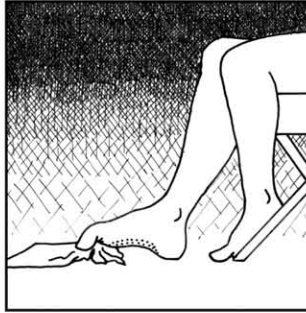
- \_\_\_\_\_ left foot
- \_\_\_\_\_ right foot
- \_\_\_\_\_ both feet

Provided there is **no injury** to the lower extremity and the exercise **does not cause pain**, perform exercises 2, 3 and 4 every other day at:

- full range of motion
- fast contractions
- to fatigue (usually 20 seconds to 2 minutes)

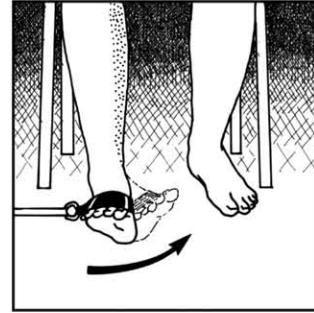
*\*For best results, perform exercises with a Thera-Ciser™. Check with your doctor.*

### 1. Towel Scrunch



Sit on chair. Lay cloth on floor; scrunch up with toes. Perform this 6 times a day.

### 2. Tibialis Posterior\*



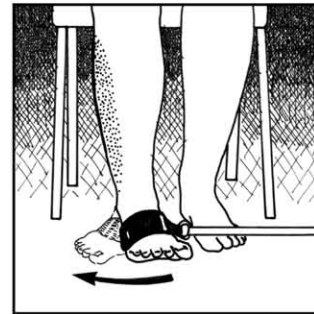
Sit on chair. Wrap Thera-Ciser™ over foot; place retainer tab at bottom of door. Keeping Thera-Ciser™ taut, extend foot forward. With heel on floor, turn foot inward and upward; repeat.

### 3. Internal Rotation\*



Sit on chair. Place retainer tab at bottom of door. Sit with side to door, **heel on floor**, toes out and Thera-Ciser™ taut. Brace knee with hands below knee. Rotate foot inward as shown. Return and repeat.

### 4. External Rotation\*



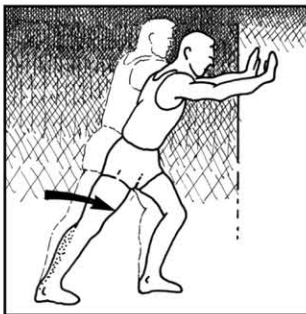
Sit on chair. Place retainer tab at bottom of door. Sit with side to door, **heel on floor**, toes straight ahead and Thera-Ciser™ taut. Brace knee with hands below knee. Rotate foot outward to side. Return and repeat.

## B: Flexibility Exercises

Stretch both sides of body, concentrating on tight areas.

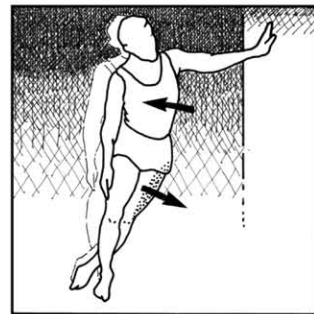
Hold each stretch for 5 seconds; do each leg three times per day. Perform 3 - 5 days per week, or as recommended by your doctor.

### 1. Ankle/Calf Stretch



Stand facing wall. Put left foot forward. Keeping right leg straight and in place, bend left knee, put hands on wall and lean forward slowly. Reverse leg positions and repeat.

### 2. Upper Leg/Hip Stretch



Stand with left side to wall. Put left hand on wall for balance and left foot behind right. Lean lower body toward wall while stretching upper body away from wall. Reverse leg/body positions and repeat.

**NOTE: If you have any pain during the performance of these exercises, STOP IMMEDIATELY and contact your doctor/health care professional.**