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### Cross Over Walk / Carioca

Cross your right foot in front of your left and then take a lateral step with your left foot as you step sideways. Then cross your right foot behind your left leg and take a lateral step with your left foot as you continue to step sideways. Alternate stepping your lead foot in front and then behind the trail leg for 20 yards. Repeat going in the opposite direction.

2



### Foam Roll Balance

Place foot on a 1/2 foam roll with the round side down. With your knee unlocked, balance on the foam roll for 1 minute.

3



### Lateral Reaches

Stand in R forward lunge position. Hinge and rotate at your hip as you reach to a wall at waist level with your both arms. Your hip and knee should remain aligned in the center of your foot. Your big toe should be firm to the floor as you reach. Return the starting position. Perform 3 x 12-15 repetitions.

4



### Medial Reach with Opposite Arm

Stand on one leg with knee straight. Hinge at your hip as you reach with your opposite arm to a wall at waist level. Your hip should jut out and pelvis should remain square to the front. Return the starting position. Perform 2 x 12 repetitions. Repeat while standing on the opposite side.

5



### Revolving Lateral Angle into Revolving Triangle

From a lunge position, bend your front knee and place your opposite hand on the floor to the inside of your foot. Make a straight line from hand to hand (revolving lateral angle). Hold for 5 deep breaths. Then straighten out your front knee without locking it as you shift some weight to the back leg (revolving triangle). Hold for 5 deep breaths.

6



### Revolving Crescent Warrior

Stand with feet shoulder width apart, chest tall, toes straight ahead. Take a big step forward with your right, lowering yourself towards the floor, allowing back knee to bend. Make sure your right knee does not go past your toes. Turn your torso toward the direction of the front leg. Hold for 5 deep breaths (30 seconds). Return to the starting position. Repeat on the opposite side.

### **What is Heel Pain for the Supinator?**

Heel pain is actually a fat pad under the heel which has become irritated due to excess pressure. This pain is usually on the outside of the heel, and can be misread as plantar fasciitis.

### **The Why Behind the What**

#### **Exercise #1 - Cross Over Walk / Carioca**

This exercise is a great warm up before completing the rest of the exercises. It improves the flexibility of the gluteus medius, a muscle at the side of the hip, and increases flexibility at the ankle too, without putting stress on the injured area. Make sure your feet stay straight forward, knees are unlocked, and your big toe touches the floor while you complete this exercise.

#### **Exercise #2 - Foam Roll Balance**

This exercise helps to regain motion at the ankle that you are balancing on. It also helps to strengthen the muscles on the side of the hip that is being held to the side. Make sure to stand up straight and keep your toes from pointing out. If you start to lose your balance, you can put your foot down for a moment, but try to continue to exercise as soon as possible.

#### **Exercise #3 - Lateral Reaches**

Lateral reaches strengthen the glutes while increasing flexibility in the glutes and the hamstrings. Tight muscles can cause excess forces to be applied to other tissues, and working these muscles in a long position helps to normalize the forces that are applied to the legs. This will help prevent further irritation to the fat pad, and decrease pain in the heel.

### **The Common Causes for Heel Pain**

This heel pain can be caused by a leg that feels too short due to pelvic malalignment, a stuck ankle joint, or tight gluteus medius and hamstrings. These imbalances cause you to put more pressure on the outside edge of your foot, which can irritate the fat pad under the heel.

#### **Exercise #4 - Medial Reach with Opposite Arm**

This exercise makes the gluteus medius work in a lengthened position, which improves its flexibility. It also improves mobility at the ankle, which helps to take the excess pressure off the fat pad under the heel.

#### **Exercise #5 - Revolving Lateral Angle into Revolving Triangle**

The revolving lateral angle is a strengthening exercise for the forward leg in the quads and glutes. If the gluteal muscles are strong, they can help keep the smaller muscles of the leg from overworking and causing strain at the foot. After holding this pose for 5 deep breaths or 30 seconds, straighten the front leg to attain the revolving triangle pose. This pose is a great stretch for the hamstrings on the outer thigh. If these hamstrings are tight, they cause excess strain at the ankle and heel.

#### **Exercise #6 - Revolving Crescent Warrior**

This yoga pose activates the quads and glutes, which are some of the largest muscles in the body. If these muscles are working properly, the smaller muscles in the leg don't have to work so hard. This means less strain in the heel. The pose also stretches the hip flexors in the back leg, which helps maintain proper pelvic alignment.