



SCOPE CHIROPRACTIC
SPORTS INJURY & REHAB CLINIC

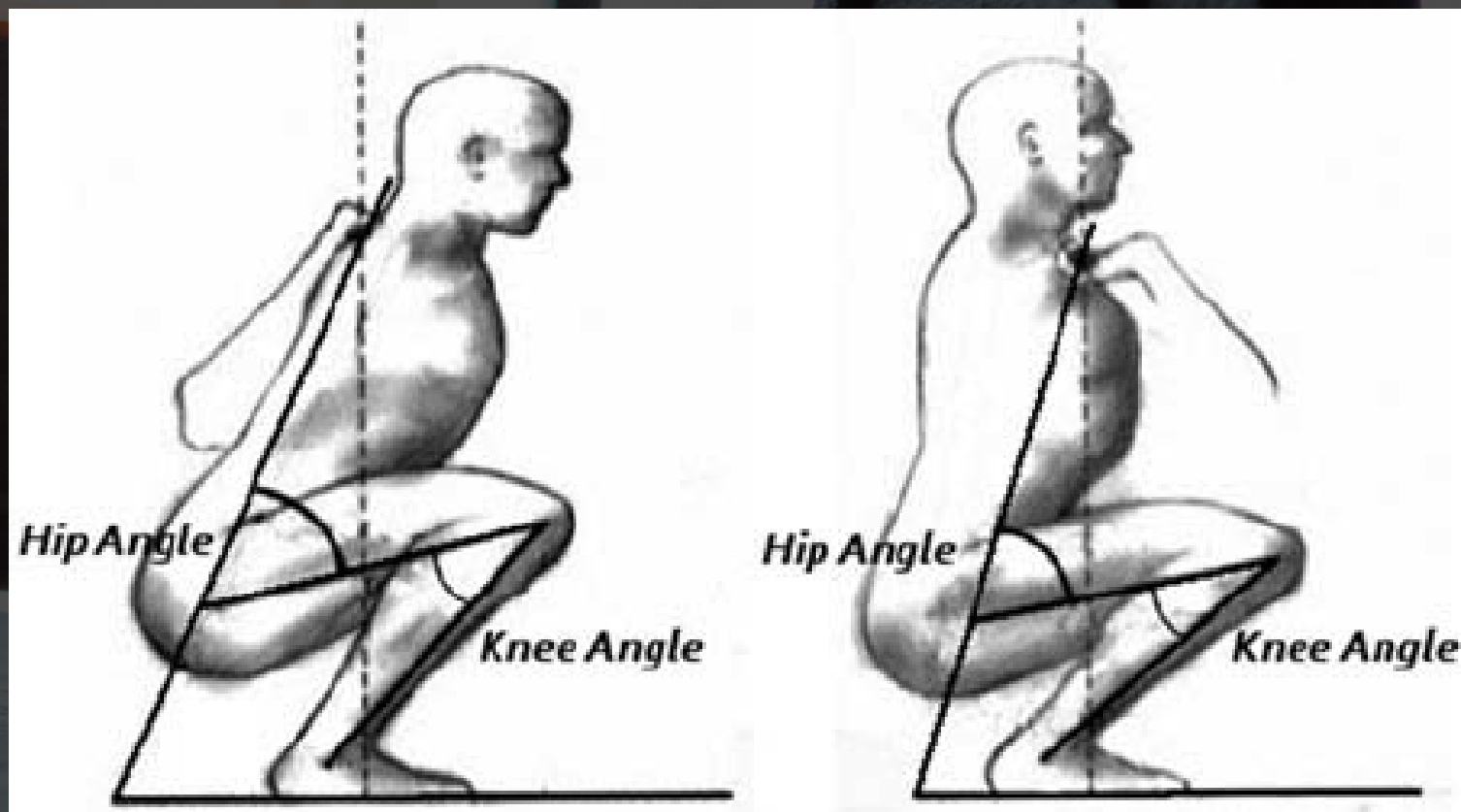
SQUAT MOBILITY

GET BACK TO YOUR BEST



SCOPE CHIROPRACTIC
SPORTS INJURY & REHAB CLINIC

What you need to develop a good squat....



- ✓ Ankle Dorsiflexion
- ✓ Knee Flexion
- ✓ Hip Flexion, external & Internal Rotation
- ✓ Thoracic Extension

You also need...

- ✓ Consistency
- ✓ Patience
- ✓ Focus
- ✓ To do lots of squatting

But first a few tests..

Test 1: Ankle Mobility



In a kneeling position, measure the furthest distance your knee can reach the wall whilst keeping your heel firmly locked to the ground. Compare left to right. Measure from big toe to wall

Test 2: Squat



Take a front and side shot of yourself sitting in the lowest possible squat, barefoot, with your heels on the ground, head in neutral and arms out in front.

Ideal Position

Although the position will vary depending on the type of squat performed, the below are generally what we are looking for:

- Knees over toes
- Hips below parallel
- Straight spine line
- Head in neutral

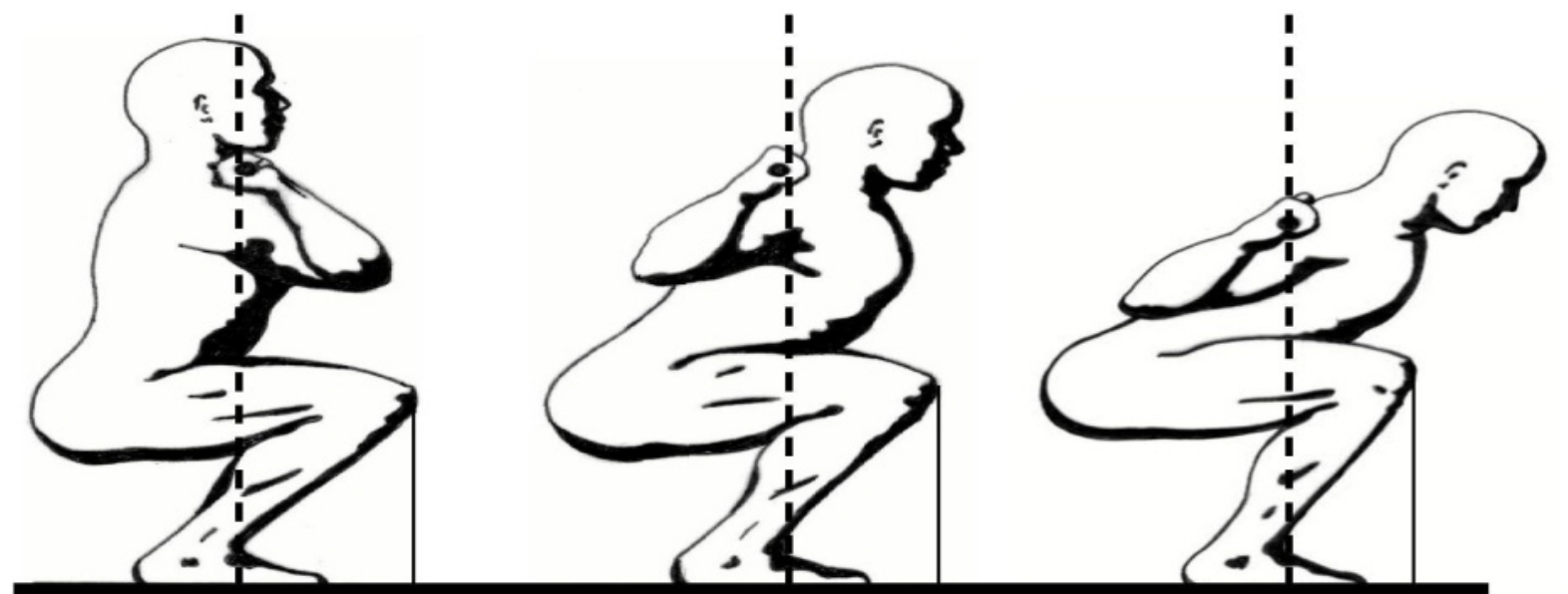


Figure 2-31. Bar position ultimately determines back angle, as seen in this comparison of the front squat, the high-bar squat, and the low-bar squat. Note that the bar remains balanced over the mid-foot in each case, and this requires that the back angle accommodate the bar position. This is the primary factor in the differences in technique between the three styles of squatting.

Ankle Exercises

- 2-3 sets of 20-30 pulses per side with a 1-2 second hold
- Done during warm up
- Focus on driving knee far over toes
- Can be done during training or 3-4 times per week.



[CLICK HERE](#)

Hip Exercises

- 2-3 sets of 15-20 pulses per side
- Pigeon stretch- Hold for 10 seconds pulses. The rest 2-3 seconds
- Focus on maintaining tall back and neutral head position
- Done during warm up 3-4 times per week



[CLICK HERE](#)

Thoracic Exercises

- 2-3 sets of 15-20 pulses per side
- Focus on breathing softly and not holding breath.
- Try get 'long' through the spine
- Extension comes from mid back not lower back



[CLICK HERE](#)

Squat Exercises

- Spend 15-20s in the squat.
- Focus on soft breathing and relaxing at the bottom of the squat
- Tempo-paused squats- Pause at around parallel and bottom of squat. Aim for 5 second descent. Use which ever squat type you like.
- If need to use heel raises for better positioning, use them.



Goblet Squat

CLICK HERE