

Squat Mobility Issues?

Does your back ache after squatting or deadlifting?

Do you sit for most of the day at your job?

Trying to work on your flexibility but don't know where to start?



Workout Injuries

- Low backs are injured more frequently during powerlifting movements, and shoulders are most commonly injured during gymnastic movements.

Keys to avoiding injuries

- Proper technique with every rep of each workout
- Choosing appropriate resistance for each movement
- Making an effort outside the gym to mobilize where necessary

Mobility vs. Stability

- Mobility: The ability to move, or be moved, freely and easily
- Stability: Resistant to change: not likely to change or fail.
- Joint by joint theory: A joint requiring more mobility is sandwiched between two joints that require stability. A joint requiring more stability is sandwiched between two joints that require more mobility. Example: The hip (requires mobility) sits between the low back and the knee (requiring stability).

Components of a competent squat

- Neutral spine, knees over toes, heels down.

Pelvic and Hip Anatomy

- The hip is a ball and socket joint. It moves in all directions, and should be moved in all directions.
- The socket can face different ways depending on the person.

- We need to be aware of these variations in order to take advantage of our anatomy. Not everyone will respond to the same cues if it goes against their anatomy.

What Do You Feel?

- If you feel a stretch or mild stiffness, and you're comfortable to stay in that position for >1 minute, **green light**.
- If you feel pain, discomfort, pinching, and don't feel comfortable staying in that position for >1 minute, yellow or **red light**.

Yellow or red lights may indicate that you could benefit from an assessment by a physiotherapist or qualified professional.

You can book an appointment with Jordan Gillis, Physiotherapist for a detailed assessment and treatment advice. Visit our website www.advanced-health.ca or call (506) 204-6622 to book.