

THE GUIDE TO A BETTER SQUAT

EMPOWER U PT & PERFORMANCE



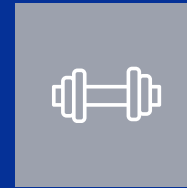
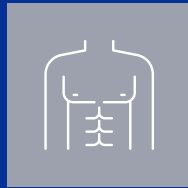


SQUAT IS A FOUNDATIONAL MOVEMENT PATTERN

We need to be good at this movement to:

- Get in/out of chairs
- Pick up objects
- Lift weights in the gym
- Perform this movement as a part of many sports

BENEFITS OF A GOOD SQUAT



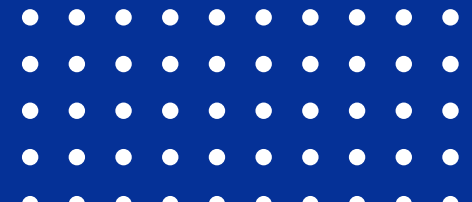
**Increase
mobility and
balance**

**Strengthen
legs and core
muscles**

**Reduce risk
for injury**

**Improve
ability to lift**

**Improve
athletic
performance**



PROPER SQUAT TECHNIQUE

- Prevents injury
- Improves an essential functional movement





HOW'S YOUR SQUAT FORM?

SQUAT DEPTH

- Can thighs get below parallel?

WEIGHT DISTRIBUTION

- Is it equal side to side?
- Do you shift to heels?



KNEE ALIGNMENT

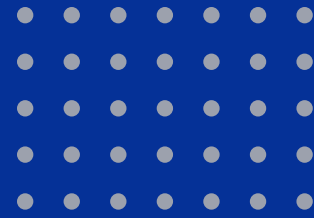
- Is there inward or outward movement?

FOOT ALIGNMENT

- Are toes in or out?
- Is there symmetry?



Look for this image on the following pages.
Each link will take you to an exercise video to help
fix these common squat issues.



IS YOUR HEEL POPPING UP OR FOOT TURNING OUT?

Try this exercise:

[1/2 Kneel Ankle Mobility Stretch](#)

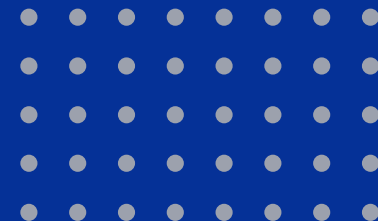




IS YOUR KNEE MOVING INWARD?

Try this exercise:

[Banded Knee Squat](#)

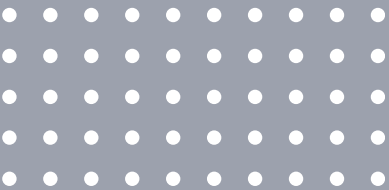


ARE YOU SHIFTING YOUR WEIGHT AND FAVORING ONE SIDE?

Try this:

Use a mirror to help you visualize even weight shift

Mirror Squat for Visual Cue





ARE YOU NOT GETTING DEEP ENOUGH?

Try these exercises:

[Assisted Squat](#)

[TRX Squat](#)





Need continued support?

[Click here](#) to schedule an appointment with us today.

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