



**Endurance Chiropractic
& Sports Therapy**
Live Active

Fix Your Busted Squat

- Set up positions- foot width, toe turn, hand position in OHS, chest position, bracing
 - Scour test
 - Toe turn positions (less than 30*, closer to 0-10* produces the best power, but comfort is the important point here)
 - Hand position- must allow for pass through to accommodate for bailing a lift
 - Bracing for power, belly out, don't usually recommend belt unless near max or doing high volume near 70% or greater
 - Core strengthening is of utmost importance, (See "Do you have a 6-pack and back pain article")
- Basic circle evaluation
- Importance of hip AND knee engagement, focus on opening your hips coming out of the hole, to get max butt engagement (not just about knee drive)
- Front squat fails- chest fall, excessive knee forward, elbows drop
- OHS fails
 - Can't OHS or FS- assess lats, but likely faulty Serratus Anterior recruitment
 - Demonstrate scap press with bar and in HSPU
- Squat modifications
 - back pain- front squats create less force on the back/hip
 - knee pain- back squats produce less force on the knees
 - With either of the above, this does not mean set new PR's while rehabbing an injury, utilize smart movements with appropriate weights and you can likely use the movement that stresses the injured area less to maintain strength.

For questions or evaluation for injuries, please contact our office:

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*These protocols are not meant to diagnose or treat specific conditions. If you have questions regarding injury or pain with these or any other movements, get evaluated by your Medical Provider.