



PHYSICAL THERAPY & PERFORMANCE

SQUAT MOBILITY

**Brought to you by the
Doctors of Physical Therapy of
Evolv Physical Therapy & Performance**

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Welcome!

Thanks for joining us as we dive into squat mobility. We're excited that you have trusted us and have decided to check out more about how you can continue to stay active, healthy and thriving. Check out the content and let us know what else we can do to help you. And as always, remember to...

Train. Recover. *Evolv.*

What to Expect...

The purpose of this ebook is to give you a few of our favorite squat mobility exercises. These exercises are great for full mobility into your squat and translates into several different movements at the gym.

Use these movements as tools to help you improve your squat mobility and get back to doing what you love at the gym!



Squat Mobility Exercises

Lateral Hip Band Opener

- Loop the band around an upright at hip height when you are kneeling.
- Step into the band and pull it up into your groin. Step out to get tension on the band.
- Kneel down on a pad and rotate your foot underneath you into a Figure 4/pigeon position.
- Rock your weight back toward your back foot and shift your weight to feel the stretch in the back of your hip, near your “back pocket” area.

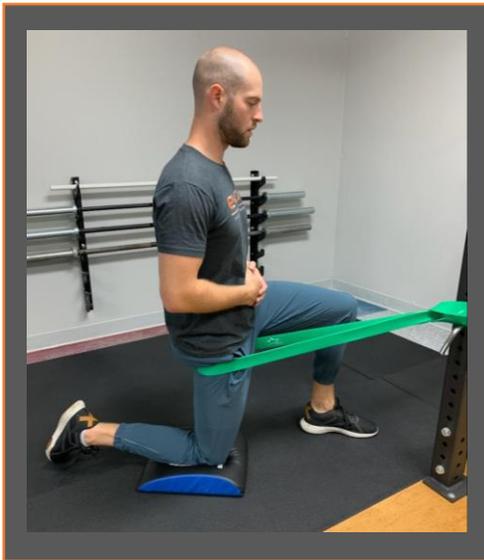


- Hold this stretch for 1-2 min.
- Rock forward/backward or drop your body down to localize the stretch to the outside of your hip as needed.
- You can reach up and away from the hip you are stretching to obtain a greater stretch into your low back and lat region if needed.



Anterior Hip Band Opener

- Loop the band around an upright. Step into the band and slide it up to the back of your hip.
- Step back to put strong tension on the band and kneel down on one knee with the other leg in front of you.
- Keep your trunk/chest upright. Squeeze your butt cheek tight to push your hip forward.



- Hold this stretch for 1-2 min.
- You can preposition your foot into rotation one way or the other (as desired) to obtain a stretch in a different portion of the front of the hip.



Banded Ankle Mobilization in Dorsiflexion

- Loop a band around an upright or other heavy object.
- Wrap the other end of the band around the front of your ankle and step up onto a box or chair. This will put your ankle in a dorsiflexed (bent) position.
- Place your hand on top of your knee or behind and just below your knee.

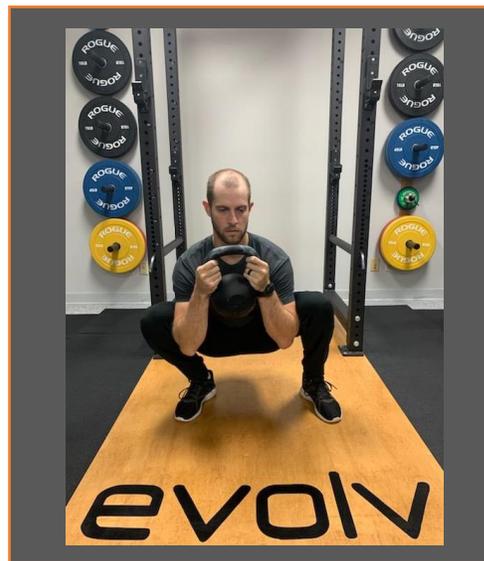


- Drive your knee forward, over your toes and assist this motion with extra pressure from your hand that is around your knee.
- As you drive your knee forward, try to keep your knee in line with your foot or slightly outside of your foot.
- Complete this pumping motion for 2 min



Squat Pry

- Grab a kettlebell (or other weight) and sit down into the bottom of a goblet squat.
- In the bottom of your squat, sit up tall through your upper back.
- Sink further into your hip and knee bend as able.



- Sit in this position for 1-2 min at a time for warm up.
- If working on this movement for long term change, try to accumulate 5-10 min/day in the bottom of your squat.
- Use your elbows and the weight to “pry” and lean into different areas at the bottom of your squat. Spend more time in areas or angles that feel tighter.



Want More?

We can help with that. We love working with people that want more!

We offer lots of ways to help you achieve more...

- Contact us to setup your Initial Evaluation
 - Evolv Physical Therapy & Performance Clinic - Grafton
 - Dr. Matt Paluchniak(262) 235-3585
 - matt@evolv-pt.com
 - BrewCity CrossFit – Milwaukee
 - Dr. Erik Gregersen(314) 283-4459
 - erik@evolv-pt.com
 - www.evolv-pt.com
- Attend one of our workshops at our Grafton clinic or a gym near you
- Contact us about other issues that you are having with your workouts or at the gym so that we can help get you back to doing what you love without nagging injuries or worries
- Follow us on social media using the icon links at the bottom of each page for frequent content, updates and more!
- And as always, remember to...

Train. Recover. **Evolv.**

