

# Squat Mobility

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Presented by the  
Doctors of Physical Therapy of

**evolv**

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PHYSICAL THERAPY & PERFORMANCE

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# Welcome!

Thanks for joining us as we dive into squat mobility drills for the functional fitness athlete!

We're excited that you've decided to check out more about how you can improve your mobility and stay healthy, fit and thriving! We're also honored that you've trusted us to come along side you for this journey.

Check out the content in this ebook and let us know what else we can do to help you. And, as always remember to...

Train. Recover. **Evolv.**

## What to Expect...

In this ebook, we'll specifically be speaking to mobility as it relates to the squat and drills to help you improve it.

We'll begin with a couple of hip mobility exercises, then move down to an ankle mobilization and finally finish up with a squat mobilization.

This way, you'll understand where you need to focus your attention as it pertains to YOUR squat mobility.

**Enjoy!**



# Lateral Hip Band Opener

- Loop a band around an upright at hip height when kneeling.
- Step into the band and pull it up to 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 desired 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 desired area of your hip as needed.

[CLICK HERE to watch the video](#)



# Anterior Hip Band Opener

- Loop a band around an upright around hip height when kneeling.
- Step into the band and pull it up just below your butt cheek.
- 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. Pulse as needed.
- You can preposition your foot into rotation to obtain the desired stretch in a different portion of the front of the hip.

[CLICK HERE to watch the video](#)



# Banded Ankle Mobilization in Dorsiflexion (DF)

- Loop a band around an upright near the ground.
- Wrap the other end of the band around the front of your ankle and step up onto a box. This will preposition your ankle into a dorsiflexed (bent) position.
- Place one hand on top of your knee and the other hand behind your knee, near the top of your calf.



- Drive your knee forward with extra pressure from both hands until your heel pops slightly off of the box.
- As you drive your knee forward, keep it in line with your foot or slightly outside of your foot.
  - Complete this pumping motion for 2 min.

[CLICK HERE to watch the video](#)



# Squat Pry

- Grab a kettlebell (or other weight) and sit down into the bottom of a deep 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.
- Use your elbows and the weight to "pry" into areas/joints that feel tight in this position. Spend more time addressing these areas.



- Hold this position for 1-2 min or as long as needed for warm up.
- If looking to improve long term mobility, accumulate 5-10 min in this position each day.

[CLICK HERE to watch the video](#)



# Want More?

We can help with that.

We love working with clients that want more!

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

- Contact us to schedule an Initial Evaluation session to get out of pain, figure out the root cause of your issue and set up a plan for long term success without frustrating and nagging injuries
  - Evolv Physical Therapy & Performance Clinic - Grafton  
Dr. Matt Paluchniak (262) 235-3585 [matt@evolv-pt.com](mailto:matt@evolv-pt.com)
  - BrewCity CrossFit - Milwaukee  
Dr. Erik Gregersen (314) 283-4459 [erik@evolv-pt.com](mailto:erik@evolv-pt.com)
- Attend one of our workshops at our Grafton clinic or a gym near you.
- Follow us on social media using the icon links on the bottom of each page for frequent content, updates and more!

And as always, remember to...

Train. Recover. **Evolv.**

