

What are we trying to do?

- Fixing incorrect movement patterns without pain vs. fixing movement patterns that are painful

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Deep Squat Progressions (Stability)

- Wobble, valgus knees, knees not aligned over feet etc. Has good range but poor stability
- 1. Begin with heel lift and then place roll b/w toes that is $<1.5 \times$ length of your foot to get foot width
- 2. Then place roll just below knee joint and then OH squat. Squeeze roll with knees to fire adductors and abs: 5-10 reps



Deep Squat Progressions (Stability)

- 4. Check rotation next by standing on towels. Don't allow feet to spin out. Maintain proper width of stance with roll and squat with roll between knees: 5-10 reps
- If unable to do, use heel lift or remove dowel. Do not want any rotator stress in squat



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Deep Squat Progressions (Stability)

- 5. Use tubing on back of athlete to shift weight 5-10 reps. This is not resistance training, just a weight shift
- 6. Then have tubing on abdominals to pull into his/her mistake: 5-10 reps. Use roll between knees to add to stability
 - This allows the athlete to feel the mistake which is too much weight on heels. This will force athlete to tighten abs and shift weight to toes.



Deep Squat Review (Stability)

- Applicable for the running, jumping, cutting athlete
- Need to develop this squat first
- Get the proper pattern first before you load it with squats in weight room
- Emphasis on full ankle, knee and hip mobility with plyometric or jump training

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Hurdle Step (Mobility)

- 1. Lie supine, hold 1 knee to chest with hands and have a small roll under the opposite knee that is straight on floor. Foot, knee and spine are in a line on floor to simulate single leg stance
- 2. Press back of knee into roll and try and extend hip and lift buttock off ground, working end range of hip extension without hyperextension of LUMBAR spine: 5-10 reps
- 3. Perform on opposite leg and note differences bilaterally.



Spinal Stability

- 2. Supine at 45 degree angle with feet toward wall. Perform lift, chop pattern with roll between knees to activate adductors and core
- Keep knees and legs still. Do not allow rotation of body



Spinal Stability

- 3. Half kneeling position, left knee up and right side to wall. Lifting chop pattern with foot, knee and foot on line.
- Stay tall
- Hold the movement pattern
- Repeat on other side



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