



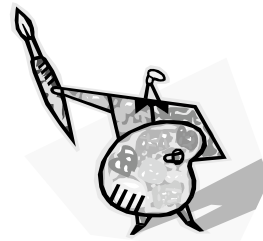
# Squatology

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## Objectives

- Discuss the **unifying principles** that govern human movement and how they apply to the fundamental movement...**SQUATTING**
- Develop strategies to assess and condition squat function
- Practice, feel, learn various squatting techniques
- Most importantly, share and have fun

**P → S → T**    **PROCESS**



“Understanding a **PROCESS** enables a person to gain control of that **PROCESS** or to gain freedom from being controlled by it”.

-The Dalai Lama

“The only thing that interferes with my learning is my education”  
-Albert Einstein



## What is Function?

- **Function** is everything that the person **needs** and **wants** to do in order to be optimally efficient and effective – i.e. it is all and only that which is needed at the right time, in the right amount, for the right result ... Nothing wasted and everything gained.

Function is LIFE, what is YOUR life like?

NEEDS → WANTS

*True **nature\*** of LIFE is based in fluidity, interconnectedness, and mystery*

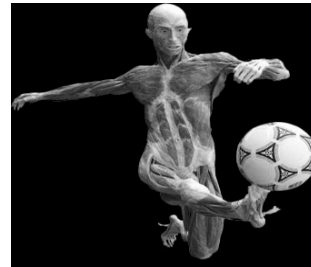
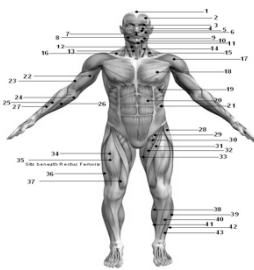
**vs.**

*static, separate, controllable.*

*\*it is impossible to change the laws of nature*

“FUNCTION without structure is a ghost and  
STRUCTURE without function is a corpse”

Stephen Wainwright and Steven Vogel, biologists



“There is nothing so sad as the destruction of  
a beautiful theory by an ugly fact”

-Thomas Henry Huxley

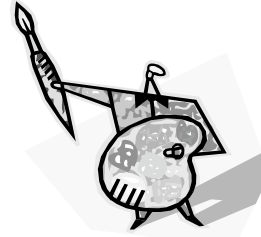
## Unifying Principles

### CHALLENGE:

**If everything is connected to everything else, how would we expect to know anything?**

- Your professional **anchors!**

- 1. Individuality**...understand YOUR threshold!
- 2. Forces**...gravity, ground reaction, mass, momentum, compression-tension
- 3. Movement**...3 dimensional, required for health!
- 4. Dynamic**...motion-stability, always changing-adapting!
- 5. Driven**...behaviorally, physically, biologically



## Strategies

### Strategies provide the guidance...

- 1) Provide sufficient stability to facilitate mobility (90yrs vs.35)
- 2) Should friends be tweaked in?
- 3) Should friends be tweaked out?
- 4) Use a conscious task to provoke a subconscious reaction
- 5) Sequence from easy (success) to difficult

## Techniques

- Squatting
  - Bilateral

**MOVEMENT DESIGN FLOW**

1. Beginning Position: **Standing (different foot placements)**
2. Driver: **Pelvis, Ribs, Hands**
3. Triangulation:
  - a. Angulation: **Anterior, Lateral, Rotation**
  - b. Verticality: **Initial-range, mid-range, end-range**
  - c. Horizontal: **self-selected**
4. Action: **Squat**
5. End Position: **Same as beginning**

**\*\*Environment change:**  
Artificial loading, Bosu, Balance board, Sand, Shoe-wear, step-height, etc.

## Techniques

- Squatting
  - Unilateral “90-10”

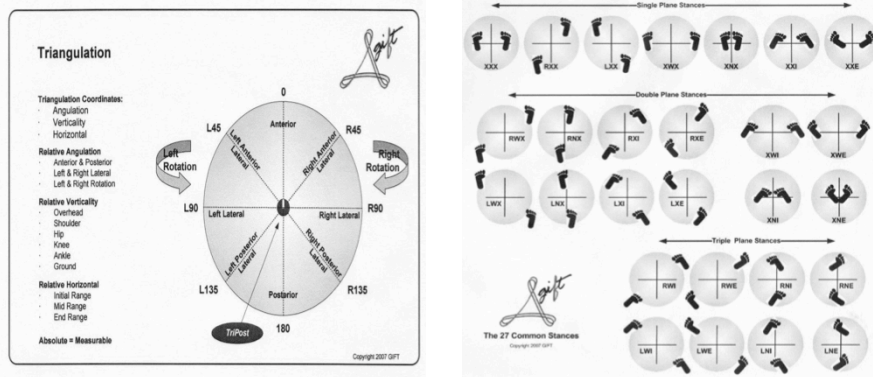
**MOVEMENT DESIGN FLOW**

1. Beginning Position: **Standing 90% front leg-10% back leg**
2. Driver: **Pelvis, Ribs, Hands**
3. Triangulation:
  - a. Angulation: **Anterior, Lateral, Rotation**
  - b. Verticality: **Initial-range, mid-range, end-range**
  - c. Horizontal: **self-selected**
4. Action: **90-10 Squat**
5. End Position: **Same as beginning**

**\*\*Environment change:**  
Artificial loading, Bosu, Balance board, Sand, Shoe-wear, step-height, etc.

## Techniques

- Squatting
  - “Gap”Analysis
    - What type of squat does your client need?
    - Where is their threshold?



## Summary

- Squatting is a fundamental three dimensional Chain Reaction throughout the entire body
- Tri-plane rule of function: When you feed one plane, you feed the other two planes
- We need to create enough variability to prepare for life stresses – the key is knowing what variable is right for each individual

**The most powerful research may be within the power of ONE...our patients, clients, and athletes**

## THANK YOU!

**For more information, please contact...**

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