

Active Health Solutions

Squats



Make sure you...

- Maintain neutral pelvis
- Maintain abdominal bracing/kegel
- BREATHE
- Drop down to an easier step if you cannot maintain proper form
- Do the exercise slowly
- STOP if pain is aggravated, but muscle burn is OK
- Avoid chin poking
- Don't squat too deep

	Repetitions
	Sets
	Second Hold
	Times per day/week



1. With feet shoulder width apart, actively preposition in a partial anterior pelvic tilt and perform a partial squat (no more than 90 degree knee flexion).
2. Progress to leaning forward with hands extended toward the floor without losing the anterior pelvic tilt.
3. Progress to a balance board or BOSU ball.
4. Hold a stick behind the low back while on a firm surface or on a rocker board.