

How to Perform Squat

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Wall Slides:

- Stand up with a wall behind your back. Ankle and hips should be shoulder width apart.
- You can cross your arms on chest or keep them at your waist or keep it as your thighs.
- Slowly bend your knees, as if you are sliding down the wall.
- Tighten your butt or glute and core.
- Start gradually sliding to the level you are comfortable at and stop where you need to. And gradually come back to standing position.
- You can slide your hands on your thigh, as you slide/lower yourself.
- Breath throughout the process comfortably.
- You can repeat this up to 12 or 15 times for 3 sets depending on your tolerance level.

Regular Squat

- Stand on a firm surface
- Feet should always be shoulder width apart and **back in neutral position**
- Your weight should be on your heels as well as on balls of the foot.
- **Breath throughout the squatting process.** As you start feeling more stretch or start going deeper into the squat, breathing becomes more crucial.
- Any time during the squatting, make sure, **your knees don't cross the ankles.** Knees should always be over the ankles. This helps you to determine you are actually taking weight through feet and using muscles in the process. And not using your joints or back incorrectly.



Deep Squat/ Lower Squat

Repeat the process described above.

Lower yourself all the way down so that you are sitting in squatting position. Your buttocks should not touch the floor.

Some Variations you can add:

- Lifting your heels up
- Add some weight while performing this exercise, put your hands parallel to floor.
- You can lift your one leg up or kick it out.