

Squat analysis

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1 What is a “good” Squat

2 Limited Hip Flexion

2.1 DDX

3 “Butt Wink”

3.1 Normal

3.2 Excessive

3.3 Causes

- Limited Hip flexion
- Limited dorsiflexion

4 Limited ankle DF

4.1 Compensation

- Arch falls

4.2 Cues to avoid compensation

- Elevate heels