

Squat Screening:

Evaluating Movement Quality and Lower Body Function

Squat Screening is a valuable assessment tool used to evaluate movement quality, lower body function, and biomechanics during the squatting motion. This screening process helps healthcare professionals identify movement dysfunctions, muscular imbalances, and mobility restrictions that may contribute to pain, injury, or decreased performance.

How Does Squat Screening Work?

Squat Screening involves observing and analyzing an individual's squatting technique. Here's how it works:

1. **Patient Assessment:** The session begins with a comprehensive evaluation of your squatting technique. The practitioner may inquire about your medical history, fitness goals, and any symptoms or concerns you may have related to squatting or lower body function.
2. **Squat Performance:** You will be asked to perform a squatting motion while the practitioner observes from various angles. This allows for assessment of movement quality, alignment, stability, and range of motion throughout the squatting pattern.
3. **Analysis of Movement Patterns:** The practitioner analyzes your squatting technique, looking for deviations, compensations, or limitations that may indicate underlying issues such as muscle imbalances, joint restrictions, or poor movement mechanics.

Benefits of Squat Screening

- **Identifying Movement Dysfunctions:** Squat Screening helps to identify movement dysfunctions, compensations, or imbalances that may contribute to pain, injury, or decreased performance during squatting and other lower body movements.

- **Preventing Injury:** By addressing movement dysfunctions and biomechanical issues, Squat Screening can help prevent injuries by improving alignment, stability, and movement mechanics during squatting and functional activities.
- **Optimizing Performance:** Athletes and fitness enthusiasts can benefit from Squat Screening by optimizing squatting technique, strength, and power, leading to improved athletic performance and reduced risk of injury.
- **Enhancing Functional Movement:** Squat Screening provides valuable insights into how well you move and function in daily activities, allowing for targeted interventions to improve mobility, stability, and overall movement quality.
- **Promoting Lower Body Health:** Maintaining proper squatting mechanics is essential for lower body health and function. Squat Screening helps identify areas for improvement and provides personalized recommendations to support long-term lower body health.

Who Can Benefit from Squat Screening?

Squat Screening is beneficial for individuals of all ages and activity levels, including:

- Athletes and fitness enthusiasts looking to optimize squatting technique, strength, and power
- Individuals experiencing pain, discomfort, or limitations during squatting or lower body movements
- Those with sedentary lifestyles or desk-bound jobs, who may be prone to mobility restrictions or muscular imbalances
- Older adults seeking to maintain or improve lower body strength, stability, and function
- Anyone interested in improving movement quality, reducing the risk of injury, and enhancing overall lower body health

What to Expect During Your Visit

During your Squat Screening session, the practitioner will conduct a thorough assessment of your squatting technique and lower body function. Based on the findings, personalized recommendations may be provided to address any movement dysfunctions or biomechanical issues identified.

These recommendations may include corrective exercises, mobility drills, strength training, or other interventions aimed at improving squatting technique, mobility,

stability, and overall lower body function. Regular follow-up visits may be scheduled to monitor progress and make necessary adjustments to your plan, ensuring optimal results and long-term lower body health.

If you have any questions or would like to schedule a Squat Screening session to improve your squatting technique and lower body function, please contact us today. Our team is dedicated to providing you with the highest quality of care in a comfortable and welcoming environment.