

Achieve Your Best
... We Can Help.

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HUMAN PERFORMANCE CENTRE

Need advice on movement? We Can Help!

Does everyone squat the same? The answer is no. Do you need good form? The answer is yes.

Good form is always something to look out for, but your squat will be different from your friend's squat. Simply put, no one is symmetrical. Everyone has a different body type due to their hips, knees, core strength and ankles, which is why your squat might look different.

If you have ever seen me in the clinic I would say that I like to compare your squat or movement like a bell curve.

Usually people fit very close to the middle of the bell curve, maybe a little off from the middle but mostly bang on the middle. You will find some outliers, which people don't fit the normal bell curve but that's rare. So, I typically say you're

aiming for a particular movement such as your squat, but I wouldn't worry if it doesn't look like your friend's squat. It will be close, such as the bell curve analogy, but fundamentally it should feel easy if done correctly.

All movements should be easy if done correctly. We offer screening assessment with any of our physiotherapists. Just give us a call to

optimise your movement.



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PHYSIOTHERAPY

MASSAGE

FITNESS

NUTRITION