

Pelvis Pro Miniseries

Part 4: Foot-Hip Connection

The foot has two positions

- ▶ Pronated: Lengthened, taking on impact, similar to IR in the pelvis.
- ▶ Supinated: Stiffness, rigidity, ready to push off, similar to ER in the pelvis.

Squat with foot awareness



Lowering into the squat

- ▶ Equal weight between your heel, base of big toe, and base of pinky toe.
- ▶ As you lower, keep your heels down and let your knees come forward.
- ▶ Did you feel more core control and glute lengthening?
- ▶ Add a weight, and try again.
- ▶ Can you feel your arch lengthen and extend down towards the ground?

Coming out of the squat



- ▶ Focus on supination, pushing the ground away.
- ▶ Heel is heavy as you lower, and as you come out, push down through your big toe and find the outside of your heel to push back up.
- ▶ Do you lose your heels and push from the toes, doing more of a quad-driven squat?
- ▶ Do you push through the heels and toes to come up?
- ▶ Do you go into an anterior pelvic tilt and lose core control?

Notes
