

Squat Test Breakout

The purpose of the Squat Test is to screen the individual for certain physical requirements that are vital to everyday life and to sport. The Squat test is not an exam and will not render a diagnosis. However, the squat test is a great beginning point in determining where certain weakness, tightness, or faulty firing patterns may be located. The “Breakout” aspect is just a term used to describe further functional tests that are performed based on your findings from the squat pattern screening and any functional tests that are pertinent to the individual's sport, job or activity of daily living. The squat test is used to assess ankle dorsiflexion (calf flexibility), knee mobility, hip stability, pelvic mobility, lat flexibility and thoracic spine extension just to name a few. If we see the Volleyball player not able to keep his/her arms completely overhead as they go down into the squat, we know a breakout series of screens will be needed for the upper body to determine what is occurring. We would need to test the lats for proper flexibility and the Thoracic spine for proper extension, both of which are considerably important for a volleyball spike or serve. On top of screening tests for the Lats and Thoracic spine, we would also want to assess the volleyball player's scapula and shoulder to make sure there are no dysfunctions that are causing, or may cause shoulder injury since volleyball is an overhead sport.



Overhead Deep Squat Test



Lat Tension Test