To keep your knees safe, please make sure your knees do not protrude/go over your toes like in this example:

**Poor Technique**

POOR TECHNIQUE in this picture to the left. The knees are protruding "going over" the toes in this picture. This could hurt your knees.

Like in the above top picture, your knees stay behind your toes, and do not protrude past the edge of toes.

To keep your hips safe, try the leg stance that feels best to your hips. Your hip structure is based on your genes. Your hips and knees may feel better in a close-together stance, or hip-width apart stance, or slightly angled-out stance. Whichever stance you choose, make sure your knees and feet always go in the same direction. You do not want your knees going one way and your feet going another direction.

Always consult your Health Care Professionals if you have any questions or concerns about these exercises. Always stay in your pain-free zone. If you experience pain, STOP or modify the movement.

**SQUAT VARIATIONS:** Form is critical. Form is covered on the first page. When you get your form down so you are not causing your body pain, then there are lots of ways to do a squat. Do the squat that you like the best. Some squat ideas are below.

**Remember - DO NOT CAUSE YOUR BODY ANY PAIN. Modify so you DO NOT hurt.** The goal is to get stronger and not cause your body pain. You may even invent a squat that works best for your body.

**Arthritis:** If you have arthritis or other joint issues, you may want to **stay stationary-still** and not move up and down. Moving up and down may irritate your joints.

**Bladder/Incontinence Issues:** If you have bladder issues, you may want to keep your legs closer together. **Do not do a sumo Squat,** unless you have been cleared to do one by your physician or physical therapist.

- **If you have Bladder Control Issues or Prolapse, YES DO squat with legs close together or hip width apart.**

- **Do Not Do this Sumo Squat if you have Bladder Control Issues or Prolapse.**

**Legs close together squat →**

**Sumo Squat (legs are wide apart) →**

**Some other ways to do Squats are:**

Regular up & down Squat in which you begin by standing, and then lower into a squat a far as you can.

- **Mini Squat in which you slightly bend your knees and do not go down very far →**

- **Wall Squat → Wall Squat using a ball behind back. →**

- **Kitchen-Sink Squat holding onto the kitchen sink →**

- **Football Huddle Squat in which you stay stationary with hands on thighs as you slightly lift one set of toes up and down, & then the other set of toes up and down.**

- **Push-up Squat in which you push your hands gently into your thighs and slightly go up & down →**

- **Chair Sit to Stand Squat in which you sit in a chair and then stand up & down →**

  (As with all squats, **Push heels** into floor to stand up. This protects your knees.)

- **Hot Potato Squat in which you sit in a chair and push your heels into floor to lift your rear-end slightly off chair.**

  Sit in a chair and squeeze/tighten buttocks & thighs. (This is a good option if you are too tired to do squats.)