

## The Butt Wink ;)

Firstly, Happy Easter and hope everyone is having a productive 4-day bank holiday weekend. Additionally, I want to thank you for taking the time to read these articles. I hope they are giving you some sort of inspiration to move more often.



Next, I want you to think think about how many times you sit down (or if you remember that classic Lil John - GET LOW song) and stand up in a typical day. A lot right, who doesn't like to get up for the odd coffee run, or go over to your mates desk. Even when you are going to the toilet, you may end up doing a few cheeky squat repetitions. I've heard many women and men say they want a nice bum. **The bottom line is**, if you want to **optimise your performance** and **protect your lower back, knees** and **ankles**, it is **important** that you **learn** some key **techniques/ faults** that I regularly see in the gym.

Therefore, this article is going to be based on a **Lumbar Reversal Fault**, which is a fancy way to say **butt wink**. Take a look at the photo on the left. Can you spot the difference between the two?

This is when your pelvis tucks underneath your bottom near the bottom of a squat. I like to explain to my clients it's similar to a dog putting its tail between its legs.

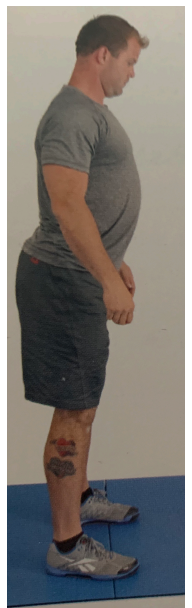
What is actually happening is: At the start, the bum is reaching back and the lumbar spine overextends, which tilts the pelvis forward (photo on right). Then, as you are lowering into the bottom of the squat, your pelvis is tilting back underneath the body. When you stand up, yep you guessed it, the pelvis tilts forward again into the same over extended position. That is actually why some woman butts look bigger than they really are.

### THE BUTT WINK IS SOMETHING YOU SHOULD TAKE VERY SERIOUSLY.

This is one of the most common causes for lower back pain and spinal tweaks compared to other squat faults such as values knees fault, knees-forward fault or ankle range of motion. The reason the butt wink is so harmful is because during the squat movement, you creating three times as much stress across your spine. If you are adding a loaded barbell to the party, then call the cops and go home. This is a recipe for disaster.

Now let's go back to those coffee breaks etc you have every day. If you are in this overextended position, rounded forward looking at the laptop and you sit up straight again, you're committing the exact same errors.

What you need to remember is you never want to compromise safe form for depth. Underneath is things on how you can help fix this solution.



Motor Control Fix	Mobilisation (Target Areas)
Squeeze the bum and stabilise your spine in top position, maintain this midline stability when you lower.	Anterior chain (hips and quads).
Initiate the squat driving your hamstrings back, not your bum	Posterior chain (glutes)
Create and maintain hip external rotation as you lower and rise. The knees should track up and down along the same route.	Posterior low chain (hamstrings, calves and heels)
Implement a box squat to decrease range of motion.	Adductors and trunk region