

Wall Squats

Starting position: Standing with your back against the wall, feet shoulder width apart and slightly out from the wall.

Action: Clench the buttock muscles then slowly slide down the wall until the knees are bent to 90°. Hold for 5 seconds then return to the start position. Be careful to keep the buttocks clenched and the knees running straight over the line of the toes.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

Other Branches

Butterfield PhysioCare
1A Butterfield Avenue
Rathfarnham
Dublin 14
tel: 4935522
fax: 4938224
email: butterfield@physio.ie
web: www.physio.ie

Dundalk PhysioCare
10B Roden Place
Dundalk
Co Louth
tel: 042 9320932
email: dundalk@physio.ie
web: www.physio.ie