

1. “You can’t learn to dance while sitting on your pants . . . if you ain’t got squat, you ain’t got squat”.
2. Squatting is a three dimensional Chain Reaction™ throughout the entire body.
3. We need to tweak in and tweak out all components of squatting to facilitate our analysis, rehabilitation, and training.
4. Being able to maintain our squat-ability is the functional magic of life.
5. A great rehab process seeks to find out the thresholds of function.
6. “Rehabilitation should be 90% analysis”.
7. Squat is a fundamental thing . . . it is a fundamental truth of function.
8. Tri-plane rule of function: When you feed one plane, you feed the other two planes.
9. We need to create enough variability through our tweakology capabilities.
10. Most forms of function take advantage of the squat, in order to produce the load, in order to ultimately produce the unload.
11. With an over tweak transformation drill, it is important to immediately go from the drill, right to the real deal.
12. The most powerful research may be within the power of one . . . our patients, clients, and athletes.
13. We need to build in motor control flexibility through tweakology.
14. “I get down, He lifts me up”.