

Biomechanics of Sports

Podcast: Spine Expert Stuart McGill

May 20, 2020



Lesson: May 20, 2020

Objective/Learning Target:

The student will gain insight from leading spine and back expert, Stuart McGill. We will discuss how the barbell back squat can be detrimental to an individual's health.



Instructions

Watch the video and then answer the follow-up questions.

Elite Baseball Development Podcast



Episode 16:
**Sparing the Spine w/
Dr. Stuart McGill**





Questions

1. Why is Dr. Stuart McGill renowned as the spine and back expert?
2. What are the main points Dr. McGill makes when discussing barbell back squatting and young athletes?
3. What does Dr. McGill suggest for supplementing a lower body, bilateral squat pattern?



Email your discussion questions to the following instructors:

jay_kolster@idschools.org

Tyler_rathke@idschools.org

Marcus_Summers@idschools.org