

BOX SQUAT:

An orthopedic surgeon finds that the best way to appreciate the box squat is to do it!



from Skeptic *to* CONVERT

by Kim Goss, Editor BFS



About 22 years ago when I was in college, I developed a wart on the tip of my right index finger. This was quite annoying to me as a journalism major because it made it very painful for me to type the letters J, H, U, Y and N. Especially the letter N. When I went to a doctor to have the wart removed, I decided to also ask him about my elbow, which I had slightly tweaked the previous day when one of the barbell sleeves slipped off when I trying to clean about 300 pounds (obviously, this wasn't a BFS bar!).

After having the wart on my index finger scorched with some type of acid cocktail, I asked the doctor to look at my elbow. He carefully examined it, found nothing broken or loose, and then asked me about the accident. I said the injury had happened when I was practicing cleans. He said to lay off the exercise for a week and ice the elbow several times a day. Then he said I should start back gradually. His exact words were "Start by cleaning two pounds, then add two pounds a week until you're back to where you left off." Thanks, Doc! I'll stop by in about three years when I'm back to normal.

Real-life stories such as mine are one of the reasons many coaches don't take seriously the advice "Consult your physician before beginning any strenuous exercise program." Many times, parents take their children to the emergency room for evaluation after a sports-related injury. The emergency room doctor evaluates the patient-athlete appropriately with a history, an exam and usually x-rays to rule out a fracture. If there is no immediate need for orthopedic surgical

evaluation, then the patient is referred to an orthopedic surgeon. This may take several days and the orthopedic surgeon may not be a sports medicine specialist. So, parents could wind up still wondering if the medical advice they receive is the best for their kid's situation.

But then there's Dr. Greg Motley, an orthopedic surgeon who specializes in arthroscopy, sports medicine and joint replacement at Southeastern Sports Medicine in Asheville, North Carolina. A three-year starter at strong safety when he attended the University of Kentucky, he had squatted 455 for three reps. With those qualifications, Dr. Motley is definitely one doctor who knows what serious athletic conditioning is all about.

Earlier this year some of the parents of football players at a local high school were concerned about the weight training program and asked Dr. Motley questions such as "Do those coaches know what they are doing?" and "Are they pushing our kids too hard?" To put them at ease, Dr. Motley decided to take a look for himself and make suggestions to the coaches if he saw anything out of line.

The school in question was A.C. Reynolds High School in Asheville, a school where BFS Clinician Bobby Poss had coached. Says Dr. Motley, "I wasn't familiar with the program until Bobby told me about it. The box squat was something I had never seen before, and it looked like it might create some possible harmful compressive forces on the lower back. Bobby gave me all the literature about it, and so I said, "Let's go down to the gym and give it a try."



A former pilot in the Air Force, Dr. Motley is now an orthopedic surgeon who specializes in arthroscopy, sports medicine and joint replacement.



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Now, understand that if anyone would know if an exercise had a high risk of injury, it would be Dr. Motley. His athletic career caused him to undergo six surgeries from all the banging of being a strong safety in Division I football. He also has two degenerated disks. "So I would know if there were increased pressure on the lumbar spine," he says.

Not only did Dr. Motley perform the box squat with no pain, he ended up endorsing the exercise. "I went up pretty heavy that day, a lot heavier than I thought I could go — and I hadn't squatted in 10 or 12 years. "I think it's critical with the box squat — with all squats — that you have good technique and alert spotters. That being said, I think the box squat is a very, very good exercise." What's more, he's become a big believer in BFS.

Doctors Orders: BFS

A native of Glasgow, Kentucky, Dr. Motley graduated with honors from the University of Kentucky, majoring in history. He then went on to become a pilot in the Air Force, flying T-37 twin-engine jets in Columbus, Mississippi. After completing military service he returned to the University of Kentucky to work for the school's athletic association, and while there he performed kinesiology research to improve football training techniques. Two years later he entered medical school at the University of Kentucky.

Dr. Motley spent six years working for Duke University's orthopedic program, and then completed a sports medicine fellowship at Baylor Hospital. In Dallas he was able to treat professional athletes from the

Dallas Cowboys, the Dallas Mavericks and the Dallas Stars. For the past 10 years he has worked in Asheville and has treated many athletes on local high school sport teams. "This is what I love to do," says Dr. Motley. "I ended up in orthopedics because I like coaching, and I like being around coaches."

Through his association with Bobby Poss, Dr. Motley has come to believe that young athletes should use a total conditioning program such as the one offered by BFS. "The bottom line is that if a kid wants to play football but is not lifting weights and participating in other forms of conditioning such as stretching, he's going to be more susceptible to injury because he is not as strong as the other kids," says Dr. Motley. He says that this is even truer today, thanks in part to the excessive amount of time many of our young people spend playing video games and surfing the Net. "When I was young I was always outside playing ball or doing something else active."

Dr. Motley is also a big supporter of an aggressive, in-season weight training program — rather than the light "maintenance workouts" that many strength coaches still prefer. In fact, it wasn't until his sophomore year at the University of Kentucky that the football team started using heavy weights early in the week during the football season.

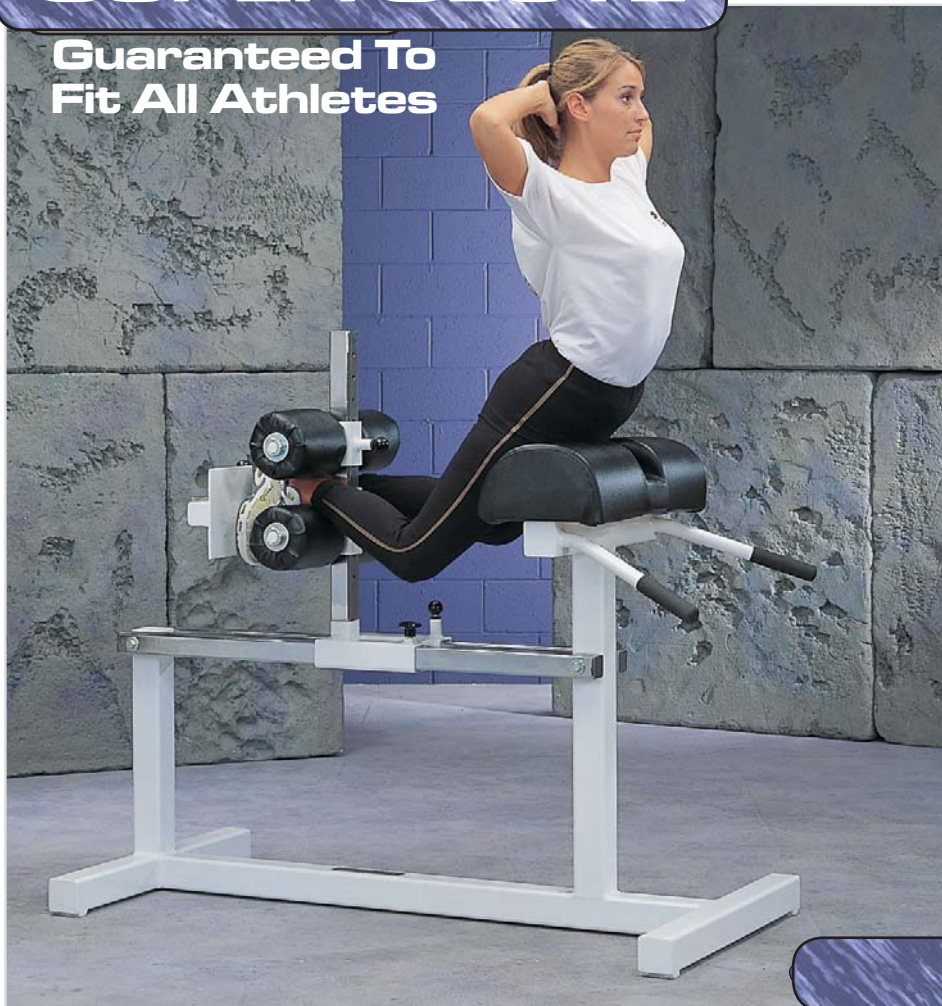
Athletes and coaches need more medical professionals such as Dr. Greg Motley to steer them in the right direction for training. Asked if he would like to become more involved with BFS, Dr. Motley's answer was a definite yes. "I would love to be a consultant for BFS some day — I think it's a great program."

We'll keep in touch.

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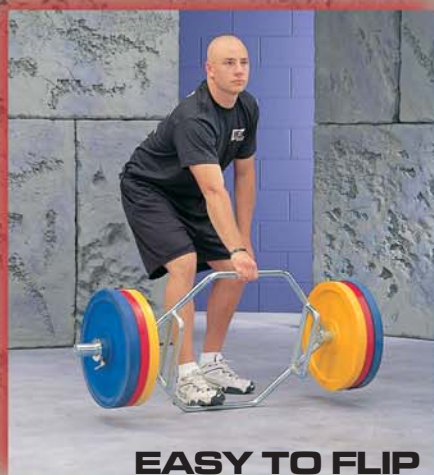
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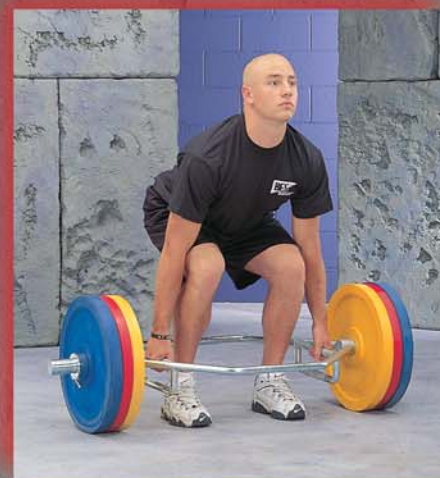
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