

How I Got Back to Squatting After 5 Knee

Surgeries

After 5 knee surgeries, squatting felt impossible.

My knees were stiff. My brain was scared. My form was all over the place.

👉 But I didn't give up — I learned how to rebuild, from the ground up.
(And now, squatting is one of the most powerful tools in my toolbox.)

Getting back to squatting isn't just about *doing* the movement.

It's about retraining your brain, rebuilding confidence, restoring mobility, and *loading the right way* at the right time.

In my latest YouTube video, I walk you through:

- How I returned to squatting safely after multiple knee surgeries
- The exact regressions and progressions I used (and still use)
- How to squat properly and what to look for with your form

 **Watch here:**

👉 [How I Got Back to Squatting After 5 Knee Surgeries](#)

YOU MUST READ THIS 👉

Coming back from *five* knee surgeries wasn't easy — and squatting again felt impossible for a long time.

But I learned that the key isn't just pushing through pain... it's training smarter:

- ✓ **Rebuilding strength in all the right places (not just your quads)**
- ✓ **Restoring mobility and control**
- ✓ **Rewiring how your body handles load**
- ✓ **And most importantly — learning to *trust* your knees again**

If you're feeling stuck — like your body is capable of more but your knees won't cooperate — I've been there. And that's exactly why I created the Chronic Knee Pain Fix Course.

It's the step-by-step system I *wish* I had after surgery — designed to get you moving, squatting, and living without fear.

👉 [Click here to start your comeback — for real this time](#)