

PREVENTION & REHABILITATION: SELF-MANAGEMENT: PATIENT SECTION

The teeter[☆]



Craig Liebenson, D.C.*

L.A. Sports & Spine, 10474 Santa Monica Blvd, #304, Los Angeles, CA 90025, United States

Received 12 May 2014; accepted 12 May 2014

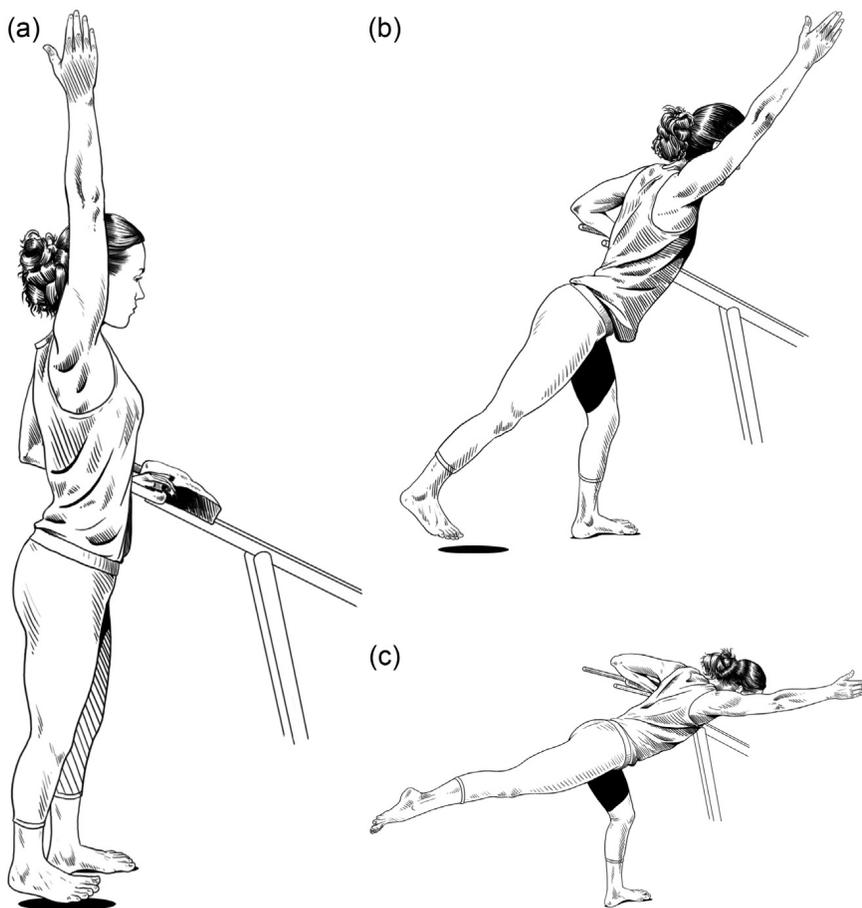


Figure 1 The teeter. a) Start position, b) Initial lean forward, c) Final position.

* This paper may be photocopied for educational use.

* Tel.: +1 31047 02909; fax: +1 31047 03286.

E-mail address: craigliebenson@gmail.com.

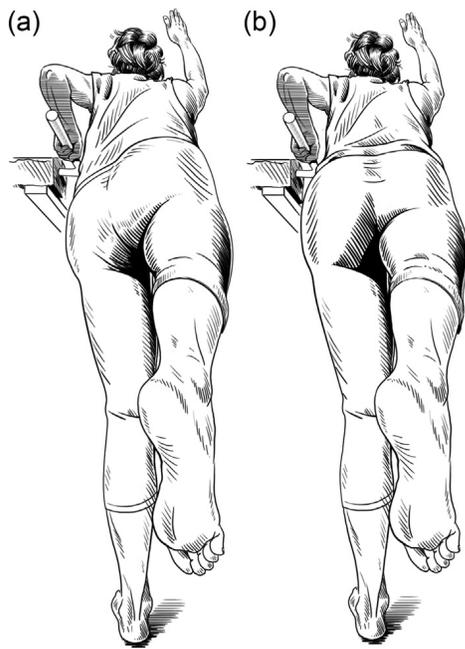


Figure 2 Pelvic position. a) Common error with rotation of hips/pelvis, b) Correct alignment.

Training the gluteal muscles is one of the most important goals to prevent injury and enhance performance. A number of different options such as bridges, deadlifts, and hip air-planes exist (Liebenson, 2009, 2013; McGill, 2004; Weingroff, 2014). The teeter is a regression or “peel back” from the deadlift. It is an excellent way to incorporate whole body postural control into a functional “glute” exercise.

The teeter

Start position (Fig. 1a):

- Using finger tip support for balance reach your opposite arm overhead fully.

Movement (Fig. 1b and c):

- Tilt your entire body forward and backward.
- Maintain a straight line from fingertips to toes.
- Allow your support knee to be “soft” or slightly flexed.

Common errors:

- Bending at your waist instead of maintaining a plank.
- Twisting at your pelvis or hips (Fig. 2).
- Locking the support knee.
- Allowing the support knee to move forwards of the toes or inwards of the foot.

Acknowledgement

Thanks to Dan John for his excellent instruction in the dead lift for many of the ideas from which this exercise sprang.

References

- Liebenson, C., 2009. Functional training of the gluteal muscles. *J. Bodyw. Mov. Ther.* 13, 202–204.
- Liebenson, C., 2013. Training the hip: a progressive approach. *J. Bodyw. Mov. Ther.* 17, 266–268.
- McGill, S.M., 2004. *Ultimate Back Fitness and Performance*. Wabuno Publishers, Waterloo.
- Weingroff, C., 2014. Dead lifts. In: Liebenson, C. (Ed.), *The Functional Training Handbook*. Lippincott/Williams and Wilkins, Philadelphia.