



SELF-MANAGEMENT: PATIENT SECTION

The Turkish Get-Up

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Prevention & rehabilitation – self-management: patient section

Most people who exercise regularly perform either floor or machine based exercises. A recent development in rehabilitation and fitness training is the use of more functional exercises to teach patients the motor control needed for their daily activities, occupation, and sports. One such functional, whole body exercise is the Turkish Get-Up. This exercise is a very challenging performance exercise. It combines features of a lunge, bridge, and side plank into a functional whole body exercise.

Start:

- Lay on your side and grasp a kettle bell with a neutral wrist (if the weight is heavy use a pistol grip so the wrist doesn't buckle) and wrap fingers around the handle. Support the kettle bell with both hands (see Figure 1)
- Roll onto your back with one knee bent and one leg extended. The bent knee is on the same side as the

arm you are holding the kettle bell with. Keep your opposite arm at a 45° angle, flat on the floor. As you roll onto your back hold the kettle bell close to your chest, then prepare to raise your arm by placing your upper arm holding the kettle bell, onto the floor, with the elbow bent (see Figure 2)

- Then extend the arm that is holding the kettle bell upwards (directly overhead) (see Figure 3)
- Shift your weight onto your elbow on your support side (see Figure 4)
- Or, start directly on your forearm, and then go to palm support (see Figure 5)
- For momentum to get up, corkscrew the support hand out and push off the palm of the hand that is on the floor. Simultaneously, drive through the heel of the bent leg, until your buttocks on that side begins to lift up. After which both sides lift up (see Figure 6a)
- Then, bridge up all the way (see Figure 6b)
- Extended leg should thread the needle behind the bent knee until you are in a kneeling position on that knee (see Figures 6b and 7)



Figure 1 Start on side and grasp kettle bell with a neutral wrist.



Figure 2 Turn on your back.

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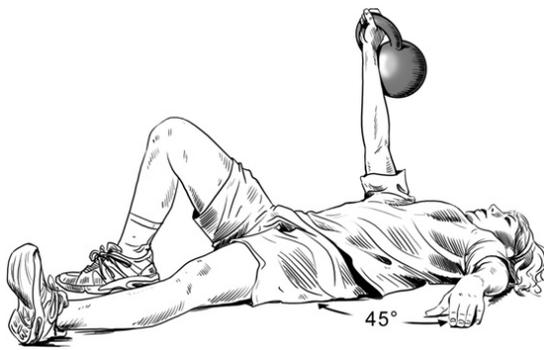


Figure 3 Press kettle bell upwards.

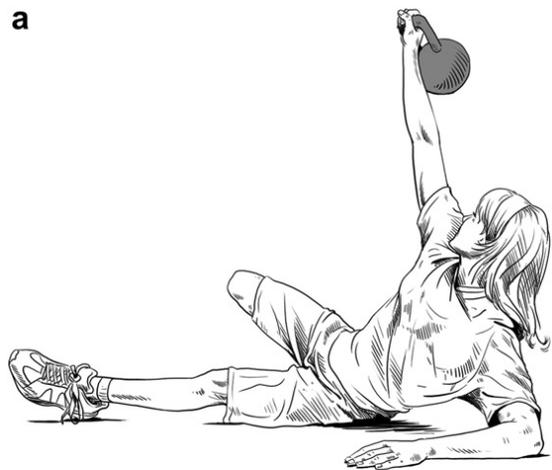


Figure 5 a and b - Transfer support to forearm and then palm.

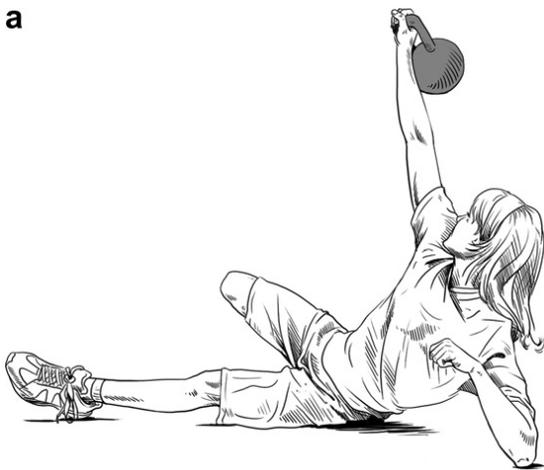


Figure 4 Shift weight onto hip and elbow (this is an optional position).

- Position your back knee so that it is fairly close to your palm. This will make it easier to continue to push yourself up
- Move your back foot and shin out slightly (i.e. windshield wiper your shin outwards) and take your hand off the ground and lift your torso straight up (see Figure 8)
- Stand all the way up (see Figure 9)

Sets/reps/frequency:

- Perform 1 set
- 8–12 repetitions
- 1–2× per day

Progressions:

- Perform Turkish Get-Up in reverse
- Perform 2 additional sets using Russian Reverse Pyramid approach
- For example:
 - Set 1–12 reps
 - Set 2–8 reps
 - Set 3–4 reps

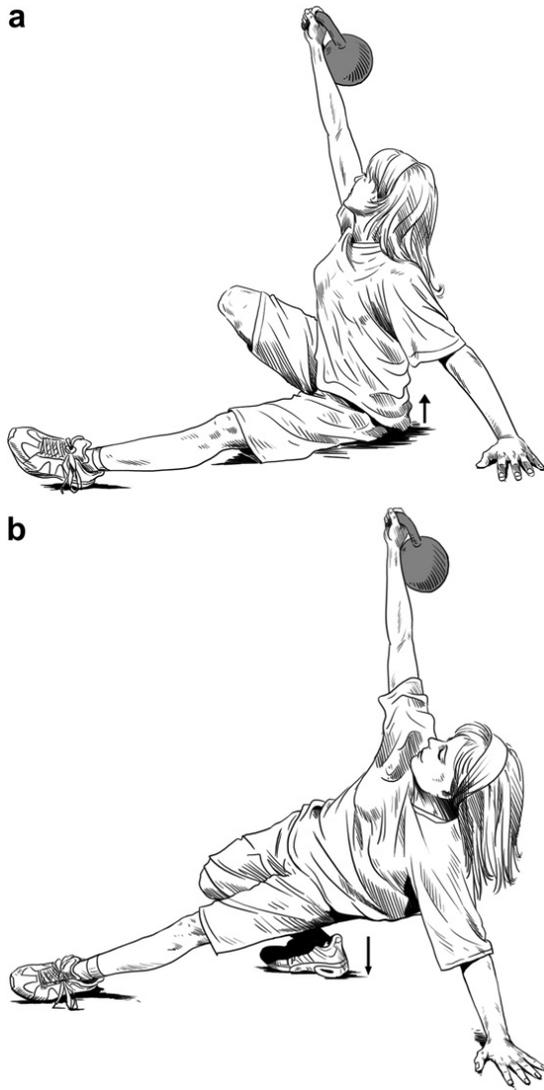


Figure 6 a and b - Shift weight onto palm and bridge up.



Figure 7 Shift lower leg to kneeling position.



Figure 8 Straighten up in kneeling position.



Figure 9 Stand up.