



SELF MANAGEMENT: PATIENT SECTION

The baby get-up[☆]

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Often our core exercises “isolate” the abdominal muscles in a non-functional way. Yet, the role of our core is to stabilize our spine and torso during movements of our hips or shoulders. Think of someone kicking, striking, throwing, or even running. The torso must be very stable to allow power and control when kicking, throwing or striking a ball.

A very effective abdominal exercise is the Side Plank (see Fig. 1). A more traditional exercise involving the Plank that is once again popular is the Turkish Get-Up (TGU) (see Fig. 2). This modification of the TGU and Plank, the Baby Get-Up, utilizes a similar developmental position that an infant would use. It is an ideal core exercise because it promotes stability of the shoulder girdle and lower back while moving from a recumbent position towards becoming upright. The basis for this movement is the ability of the baby to use the elbow for support during the 5th month of life (see Fig. 3).



Figure 1 Side plank.

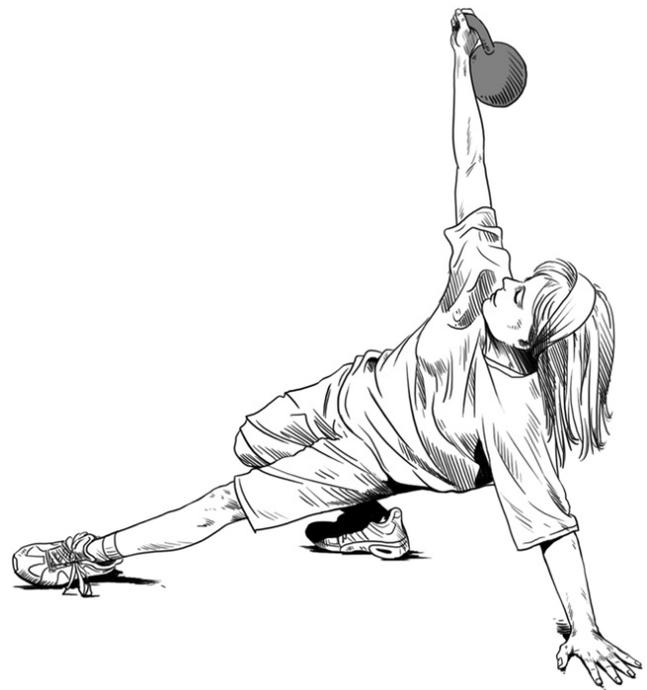


Figure 2 Turkish get-up.

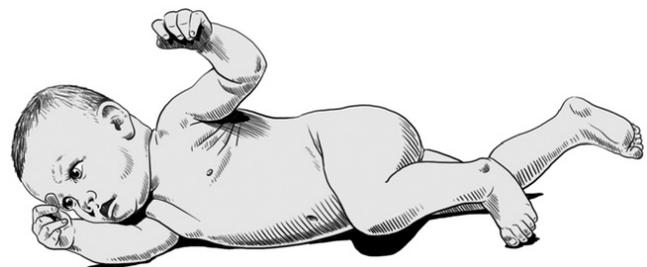


Figure 3 Infant preparing to get-up by rolling over.

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The baby get-up

- Relax on your right side with your right hand overhead and left leg bent at the knee (see Fig. 4a)
- Roll onto your right elbow as you start to roll forward (notice how your shoulder is shrugged up towards your ear) (see Fig. 4b)
- Continue rolling until your right hand is on the floor palm down.

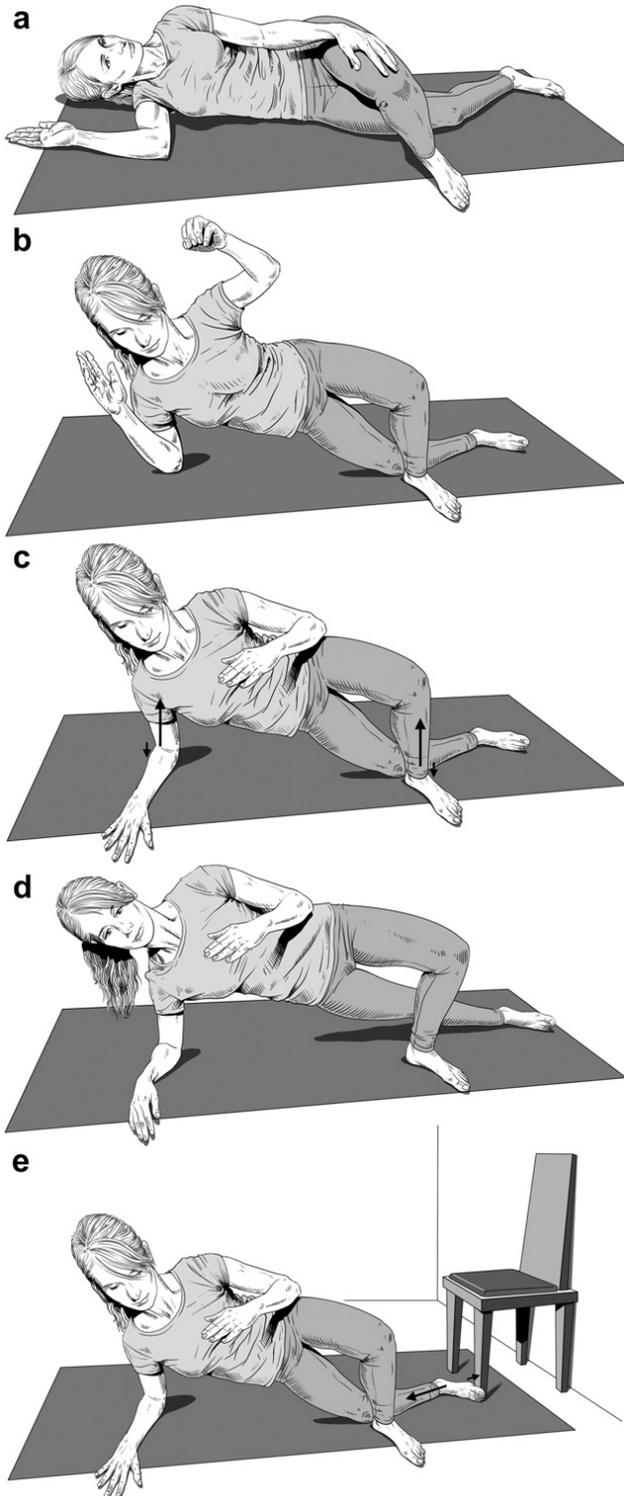


Figure 4 abcde - Baby get-up.

- Push the floor away with your forearm and left heel until your shoulder begins to “unpack” away from your neck, while your torso begins to lift up on your knee. Simultaneously, reach across your body with your left hand as if preparing to turn forward (see Fig. 4c). This is similar to the High Oblique Sitting position of a 7 month old baby.
- Alternative Position: Push off the floor until your torso is lifted in a side plank position on 1 ankle (see Fig. 4d).

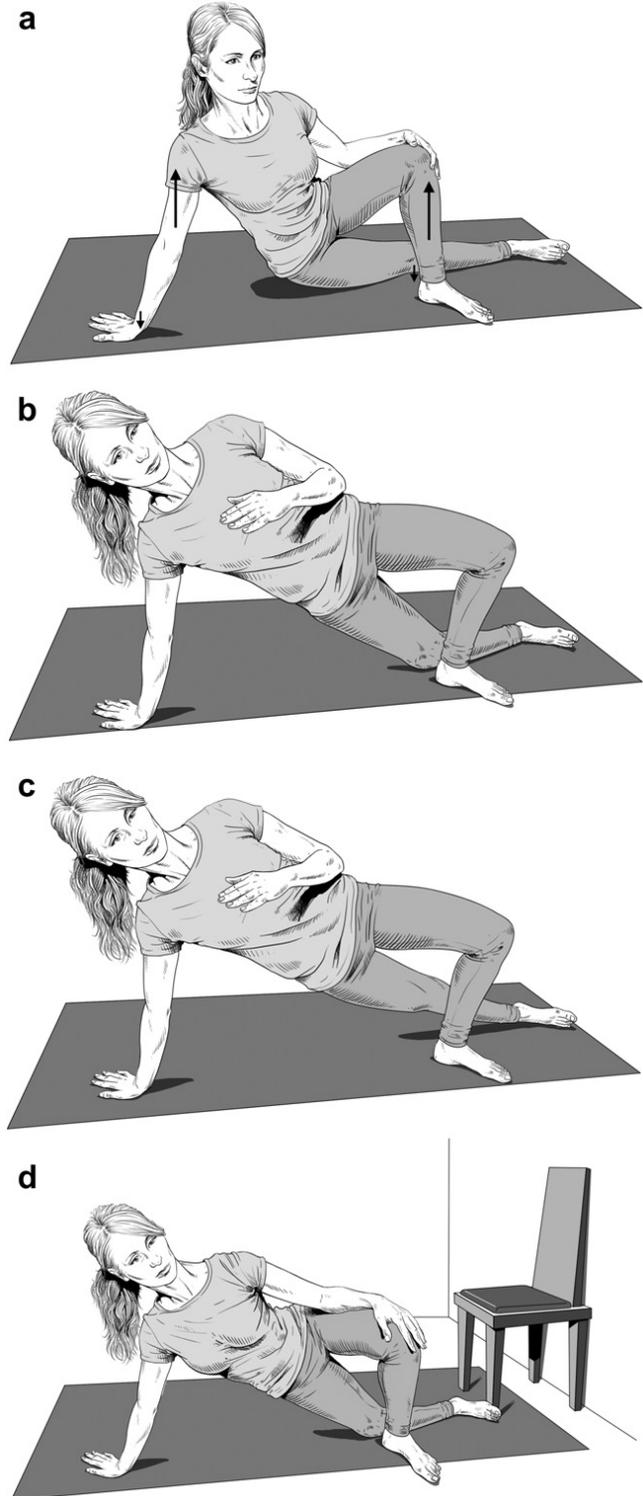


Figure 5 abcd – Baby get-up on outstretched hand.

- Facilitation: Push off with toes to facilitate right sided muscle chain from hip to scapulae (see Fig. 4e).
- Progression: This can be progressed by rolling onto your hands and knees in the Quadruped position. A further progression is to then push-up into the Bear position.

Modified baby get-up on outstretched hand

- Perform like the Baby Get-Up except start with your left arm outstretched and your palm facing downwards. (see Fig. 5a). This is similar to the High Oblique Sitting position of an 8.5 month old baby.

- Push the floor away from your right hand and left heel until your body achieves a side plank position on 1 knee (see Fig. 5b) or on ankles (see Fig. 5c) while you reach across your body.
- Key Point: Be sure your right shoulder is “unpacked” from your neck
- Facilitation: Push off with toes to facilitate right sided muscle chain from hip to scapulae (see Fig. 5d).

Acknowledgement

The author wishes to thank Pr Stuart McGill and Dr Pavel Kolar for their combined work upon which this exercise is based.