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PREVENTION & REHABILITATION: SELF-MANAGEMENT: PATIENT SECTION

The shin box get-up[☆]



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Introduction

Adequate mobility and stability of the hip and trunk are essential for all movement patterns performed in daily activities and sports. Lack of mobility and stability in the hip and trunk can affect the rest of the kinetic chain (Panjabi, 1992). These deficiencies are often targeted individually through soft tissue work, different types of stretching, manual or self-mobilizations, and isolated strength exercises. However, the body does not automatically transfer the gains in mobility and stability into functional movement patterns in sport or Activities of Daily Living (ADLs) (Moreside and McGill, 2012, 2013). Therefore, in order to create lasting changes in functional movement patterns, it seems to be necessary to expose the body to new motor patterns that simultaneously and interchangeably challenge mobility and stability.

This exercise details a movement sequence called Shin Box Get-Up, which emphasizes improving hip and trunk mobility and stability. The Shin Box Get-Up can be effectively utilized in training and rehabilitation programs. This movement sequence can quickly expose limitations in hip mobility and single leg strength and stability. Therefore, the goal of this exercise is to create a lasting change in hip and leg function during ADLs or sports.

Procedure

- Sit on the floor with an upright torso, knees bent to approximately 90°, and feet flat on the floor and shoulder-width apart, in a 90/90 staggered position (Fig. 1 A B)

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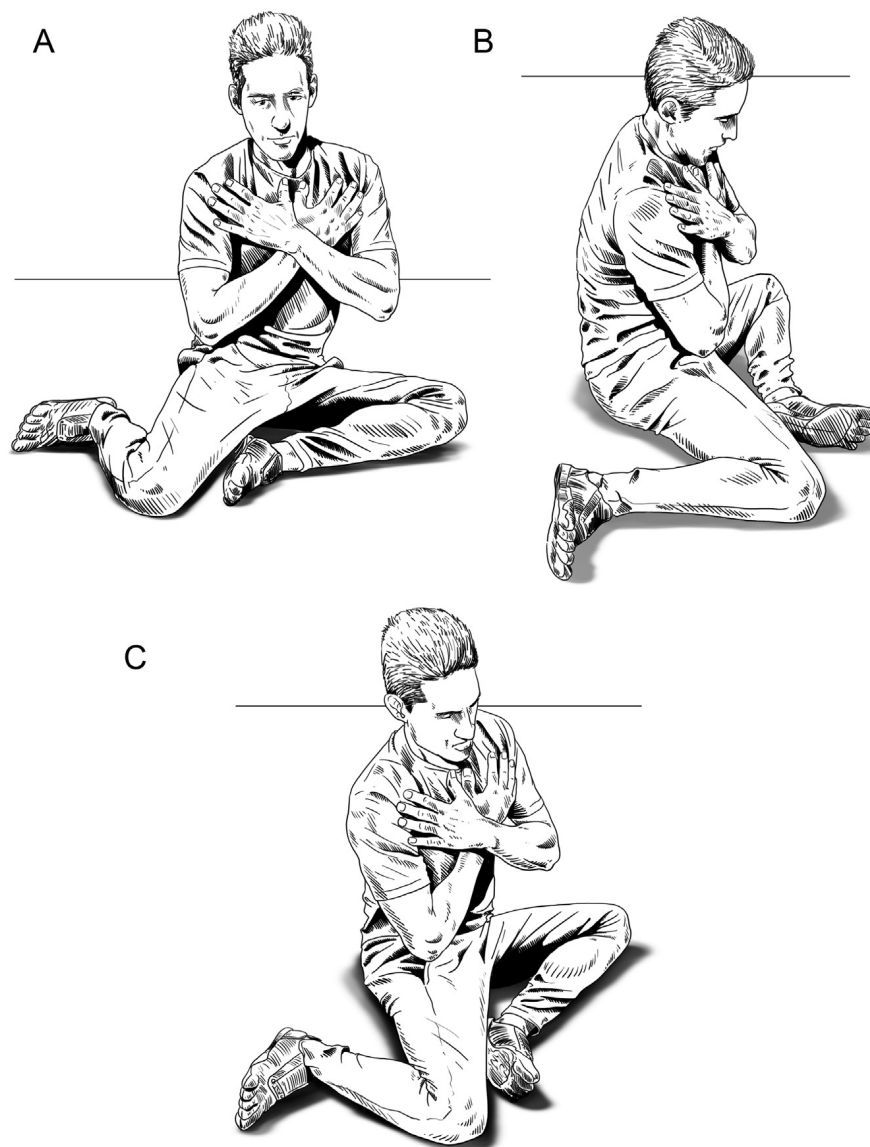


Figure 1 Shin Box - 90/90 staggered position — left leg forward. A) front view B) side view C) angled view.

- Regression — hands are placed on the ground behind the back to help support and maintain an upright posture. Knees extended at a right angle and front heel moved away from thigh.
- Progressions — hands are placed crossed on the chest; hands are placed behind the head; hands are

- placed extended overhead; a plate or kettlebell is held at chest level or overhead (these regression and progression elements are not illustrated)
- Slowly, and in a controlled manner, slightly rotate your body until you are facing forward with both feet flat on the floor/ground ([Fig. 2 A B](#))

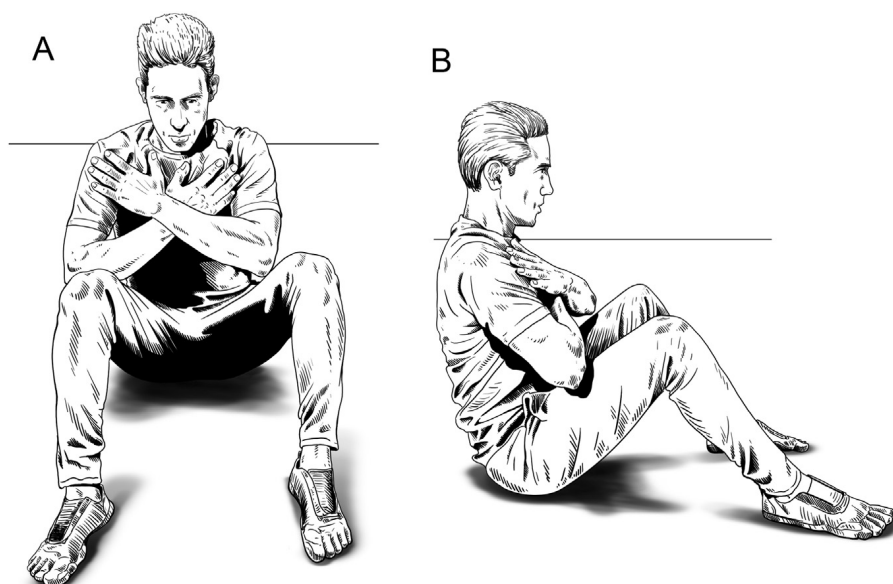


Figure 2 Facing forward with both feet flat on the ground. A) Front view B) Side view.

- Then continue to rotate to the other side until both legs are on the floor/ground, in a 90/90 staggered position, while keeping the torso upright ([Fig. 3](#))
- Next, push into the floor/ground with both knees and drive your hips up and forward into extension, while keeping the torso upright ([Fig. 4 A B](#))



Figure 3 Shin Box - 90/90 staggered position — right leg forward.

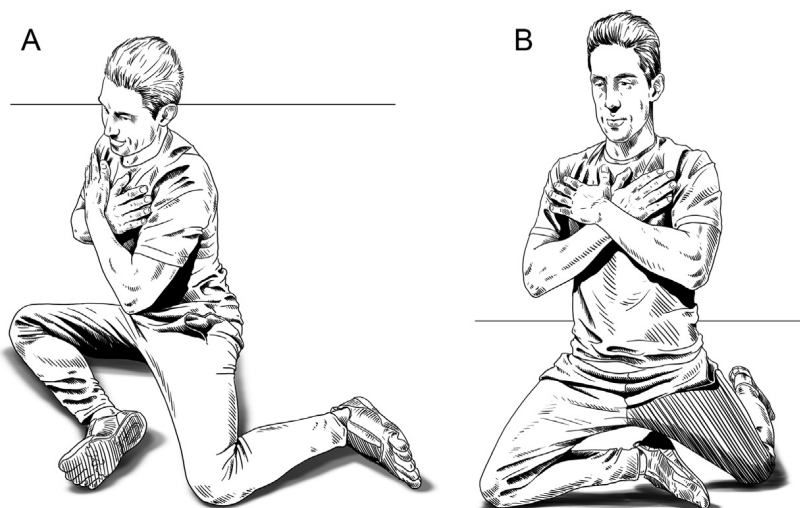


Figure 4 Shin Box - Front hip lift. A) Start position on ground B) Lifted position.

- From this tall-kneeling hip extension position, slowly and in a controlled way, bring the back leg forward (until it is in front of the other leg pointing in the same direction) so that you finish in a half-kneeling position (Fig. 5 A B C)
- Press the floor/ground away with both legs and lunge forward to finish standing tall with your feet hip-width apart (Fig. 6).

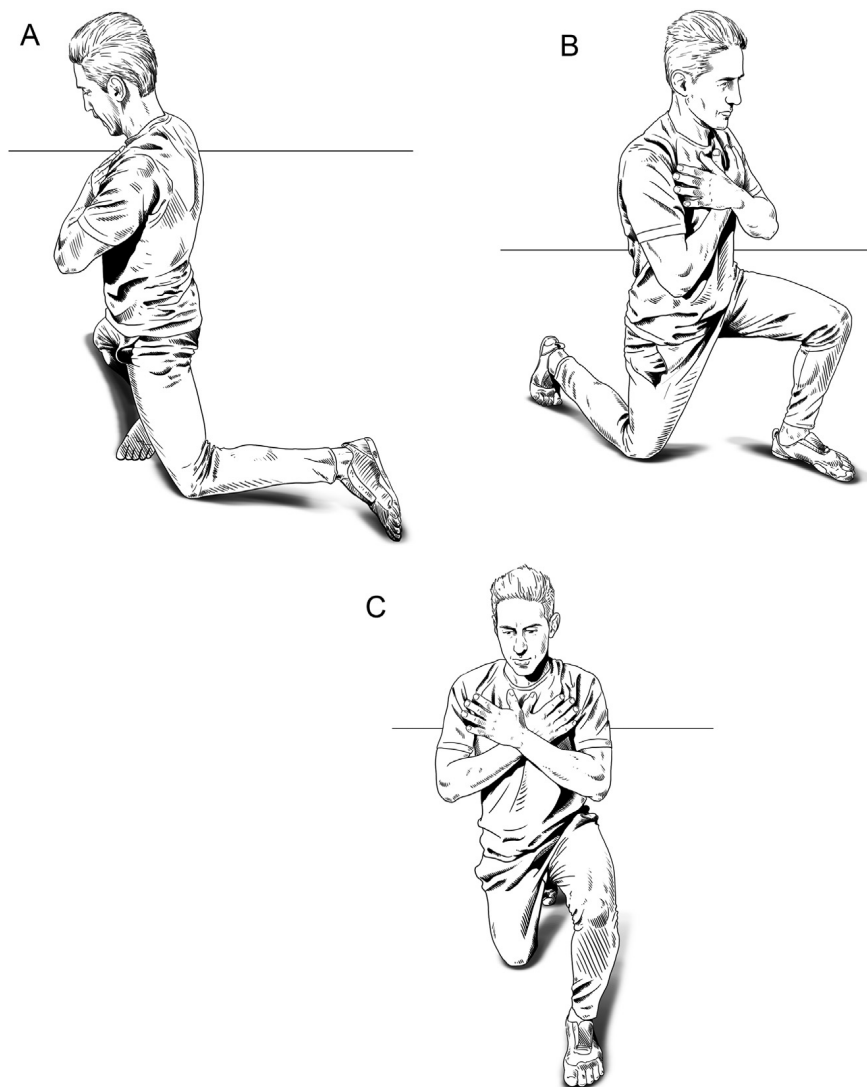


Figure 5 Forward diagonal swing of rear leg from half-kneeling position. A) Start position B) End position - side view C) End position - front view.

- Progression – from the half-kneeling position, push the ground away with both legs, and push off the ground with your left foot raising your right leg &



Figure 6 Upright stance.

swinging it forward, finishing in a single leg stance with a knee drive (Fig. 7)

- Reversing the movement begins by stepping back (reverse lunge), in a slow and controlled way, to return to the half-kneeling position (Fig. 5 B,C)



Figure 7 Upright single leg stance.

- Progression – from the single leg stance, reverse lunge into a half kneeling position, in a slow and controlled manner (eccentric load emphasis).
- Once in the half-kneeling position, swivel the back leg (heel) towards the front leg and then lift the front (left) leg turning the body while moving the (left) leg behind the rear (right) leg to lower your hips and legs back to the floor/ground into 90/90 staggered legs position, with an upright torso (Fig. 4)
 - Regression – hands are returned to the floor/ground behind the back to aid with lowering the body (not illustrated)
- Then, return to the initial seated posture by rotating the legs, hips and torso in a slow and controlled manner (Fig. 1)
- Next, perform the movement sequence to the opposite side

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