



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

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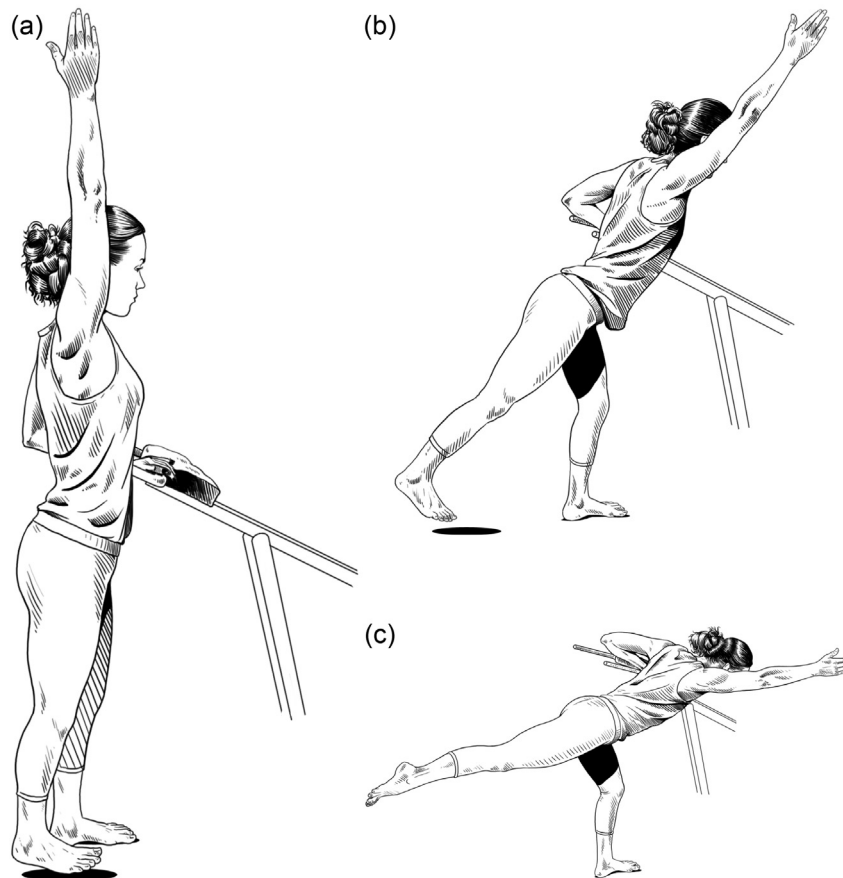


Figure 1 The teeter. a) Start position, b) Initial lean forward, c) Final position.

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

E-mail address: craigliebensonDC@gmail.com.

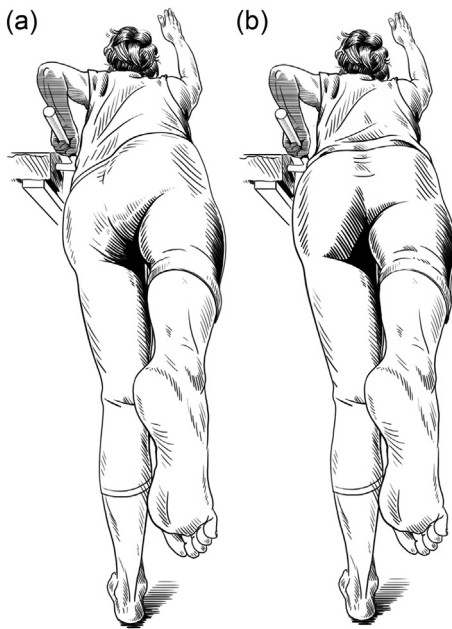


Figure 2 Pelvic position. a) Common error with rotation of hips/pelvis, b) Correct alignment.

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

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References

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