

# Mechanical Interface: Dynamic Openers

Columbia Rehabilitation

## *Starting position*



Have the patient lay with the painful side up. Place a towel roll under the side. Bend the hips up to 90 degrees. Slowly lower the feet off of the mat.

## *Movement*



The therapist places their hands on the patient's upper iliac crest. A gentle and slowly applied force is applied caudally to further open the lumbar foramen. Do not hold, but instead perform this as a continual oscillation.

### Progression:

Start with around 10 repetitions and then reassess response. Once it is established that no adverse reaction is provoked. Once this is established it can be repeated several times throughout the treatment session and ultimately can reach 20-50 movements each time.

These exercises are meant to open the joints of the spine to give relief of pain as well as to restore motion.

During these exercises the patient should not have any onset of symptoms.

You may evoke a slight response, but this should immediately subside with return to the resting position.

**This page is for therapist reference and is not for implementation into a home exercise program.**