

Mechanical Interface: Static Openers

Columbia Rehabilitation

Level 1

Progression 1



Lay on your side with your painful side up. Place a towel roll under your side.

Progression 3



Lay on your side with your painful side up. Bend your hips up to 90 degrees. Let both feet slowly relax down over the side of the mat.

Progression 2



Lay on your side with your painful side up. Bend your hips up to 90 degrees. Let your bottom leg slowly relax down over the side of the mat.

Progression 4



Lay on your side with your painful side up with a rolled up towel under your side. Bend your hips up to 90 degrees. Let both feet slowly relax down over the side of the mat.

Repetitions _____
Sets _____
Hold Time _____
Comments:

Progression:

Increase repetitions in the following sequence:
1x1, 1x3

Increase hold times in the following sequence:
15 sec., 30 sec., 1 min, 2 min, 3 min. Add one
minute at a time from here to a maximum of 15-
20 minutes.

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

During these exercises you should not have any onset of symptoms.

You may evoke a slight response, but your therapist should inform you of what is appropriate and what is an excessive response.