

# Mechanical Interface: Dynamic Closers

Columbia Rehabilitation

## *Starting position*



Have the patient lay with the painful side up. Bend the hips up to 90 degrees.

## *Movement*



The therapist lifts the legs together with one hand and uses the other hand to gently and slowly push the upper ilium superiorly. Do not hold the position. Instead give a slow steady oscillatory motion.

### Progression:

Initially do not go all the way to end range. Start with around 10 repetitions and then reassess response. Once it is established that no adverse reaction is provoked it can be repeated several times throughout the treatment session and ultimately can reach 20-50 movements each time. As a progression the patient can eventually be taken to end range.

These exercises are meant to close 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**This page is for therapist reference and is not for implementation into a home exercise program.**