

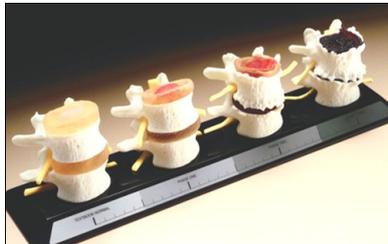
Script:

# If a picture is worth a thousand words, a model is worth a million!

Here is my script for our best selling model, the Spinal Degeneration Model. The idea for this model began 20 years ago when I gave a report of findings to a patient with massive spinal degeneration. His glazed-over look told me he thought I had slipped into a foreign tongue, so in desperation to communicate the seriousness of his condition, I grabbed my full spine and said, "errr, your spine looks nothing like this." That is when I decided to design a model that shows the devastating affects of subluxation degeneration as described by Kirkaldy-Willis.

## WHY X-RAYS?

*"Kelly, I have taken x-rays for 3 reasons. Firstly to make sure there are no nasties there and secondly to see if your bones have formed correctly from birth and finally to see if you have been suffering from any long standing injuries that lead to degeneration or osteoarthritis'."*



**1** Use this model to orientate your patient by showing them the 'normal' spinal unit. Attaches to base with a magnet.

## TEARS & SPURS

*"Have you ever heard of a slipped disc? A lot of people think discs can slip, but the way it is attached to the bones above and below means it can't slip. Instead, it can tear bulge or herniate." Repair tissue brings with it pain receptors which can make this condition very painful. Also bone spurs form (Phase 2 unit) to 'sandbag' the injured area.*



**4** The disc can tear along the outside and can split right through like this radial tear. Sometimes the disc bulges right through to a prolapse.

## WHAT'S NORMAL?

*"When a healthy spine moves freely, the discs should compress and stretch so that the fluid keeps moving around. The disc receives its nutrition by movement since it doesn't have a direct blood supply. It's a bit like a sponge that you need to keep moist otherwise it dries out and breaks."*



**2** Squeeze the spinous processes of the normal spinal unit to demonstrate normal movement. Place it in your patient's hand.

## DEGENERATIVE CASCADE

*"And sadly, in Phase 3, the disc has become pulp and no longer can act as a shock absorber. The bone spurs have grown and are now choking off these spinal nerves and the spinal cord is now being comprised which can lead to muscle weakness and numbness in your arms and legs. There is not a lot we can do at this stage."*



**5** Pick up the Phase 3 unit to show lateral and central canal stenosis, a common condition in the over '55's age group.

## WHAT'S THE PROBLEM?

*"Now I have found 5 areas in your spine that are not working correctly. The discs have been injured causing them to thin which places more stress on these joints. This condition has built up over many years and has led to the joints becoming osteoarthritic and therefore cannot move properly."*



**3** Point out the disc thinning and joint roughening on the 'Phase 1' spinal unit that is due to trauma, not aging.

## PHASE PLACEMENT & PROGNOSIS

*"This degeneration process is a result of trauma and injury. So which phase do you think you are in? Fortunately, we've caught this problem at a stage where I believe I can help. Over the coming weeks, these areas of your spine will begin to work better. It will never be 100% but if you leave this condition, it can worsen without obvious symptoms...a bit like tooth decay."*



**6** Now ask your patient, "Which phase is your spine in?" Mark on the ROF folder from Wellness Practices - to show their partner at home.