

#517 Fix It Stick Scripting

Fix It Stick

Demonstrate How Adjustments Work

Photo: Fix-It Stick

These wooden beads, mounted on a spring armature become a powerful teaching tool demonstrating hypo- and hyper-mobile joints. After performing a “mock” adjustment on the fixated area, better movement is restored.

Uses:

Report of findings
Lay lectures
Speaking events
Spinal screenings
School programs

What to say and do:

1. Covering the red, fixated section, use your other hand to bend the normally functioning areas to the right and left saying,
“As you turn and bend, each spinal joint should contribute its fair share of the motion.”

(Illustration 1)

2. Turn the stick upside down, revealing the red, fixated area and bend the stick to the right and left again, showing the obvious fixation. “Based upon your examination we found several areas of your spine like this red area that fixated, stuck, and not moving properly.”

(Illustration 2)

3. Grasp the Fix-It Stick at both ends and while pulling it apart rapidly say, “Some people think a good workout will help.”

4. Bend the stick again showing the fixation still remains. “Of course, exercise is important, but it doesn’t help the stuck joints moving properly?”

5. Use one hand to rub the red area as if performing a massage and then reveal that the area is still fixated. “And a massage feels good, but it doesn’t address the problem of joint function.”

6. Holding the stick by one end, give the stick a whipping action saying, “Worse, some people try to adjust themselves.” Show that the area is still fixated. “That can actually make the problem worse!”

7. Hiding the stick behind your back or in a back pants pocket say, “Still others ignore their spinal problem, hoping it will get better on their own.” Show the fixation remains. “But neglecting spinal problems can allow the problem to worsen.”

(Illustration 3)

8. Place the stick horizontally on your nondominate hand and use your other hand to render a mock adjustment on the fixated area saying, “The best way to help restore better motion to this fixated area is a specific chiropractic adjustment-just the right thrust in the right direction at the right time to get these joints moving better. It takes years to know how to do it just right.”

9. Use your pinky to catch and extend the end segment, moving the unseen spring-loaded pin in the fixated area, temporarily out of the way.

(Illustration 5)

10. Hiding the extended pin string in your palm, bend the Fix-It Stick as before showing that after the adjustment, motion has improved. “After the adjustment, the fixated area moves better.”

(Illustration 6)

11. Straighten the Fix-It Stick while simultaneously allowing the spring-loaded pin to quietly return to the red area. Bending the Fix-It Stick, showing that the fixation has returned say, “Because of the damage to muscles and soft tissues, the problem returns. That’s why we recommend a series of adjustments to help retrain these muscles and soft tissues to support your spine properly.”