

#515 Fixation Stick Scripting

Fixation Stick

Explain Spinal Fixation

Photo: Fixation stick

This is an essential ingredient for any doctor interested in making the maximum impact during a report of findings or spinal care class. The permanent fixation is a powerful way to demonstrate the hyper- and hypomobility of spinal joints.

Suggested Implementation

Many offices have several Fixation Sticks that are handed out to patients on a particular day of the month while they are waiting to meet the doctor. Consider turning the last Friday of every month in Fixation Friday.

The front desk staff member hands a Fixation Stick to a patient entering the office saying, "The doctor would like you study this while you're waiting."

The patient studies the Fixation Stick. Later, they take it with them to the adjusting room.

"I see you have one of our Fixation Sticks. Have you figured out its significance?"

Allow the patient to volunteer their ideas. Then, either congratulate them for an excellent explanation or use the following Fixation Stick metaphor:

Covering the red, fixated section with your left hand, use your right hand to bend the normal area left and right.

"As you turn and bend each spinal joint should contribute its fair share of the motion."

Turn the stick upside down, revealing the red, fixated area. Again, with your right hand, bend the stick to the right and left, showing the fixation.

"Based upon your examination, we found several areas of your spine like the red area that are fixated, stuck, and not moving properly. That puts extra wear and tear on the joints above and below these areas.

Begin rapidly pulling stick apart by holding both ends.

"Some people think a good workout will help."

Bend stick again, showing that the fixation remains.

"Exercise is important, but it doesn't help get the stuck joints moving properly."

Rub the red, fixated area as if performing a massage.

"Some people hope a massage will help."

Again, bend the stick showing the fixation.

"A massage feels good, but it doesn't address joint function."

Give the stick a couple of quick, whip-like motions.

"Some people try to adjust themselves."

Again, bend stick showing that the fixation remains.

"But they often just make the problem worse."

Hide the Fixation Stick in a pocket.

"Still others ignore their spinal problem, hoping it will get better on its own."

Retrieve stick and again bend, showing the fixation.

"But neglecting a problem like this can actually make it worse."

Lay the stick on a flat surface or adjusting table and perform a mock adjustment to the fixated area.

"The only way you will be as healthy as you deserve to be, is when all the joints of your spine are functioning properly, allowing your nervous system to communicate back and forth with all the tissues and organs of your body. That's the purpose of chiropractic adjustments. That's what we do here."