PHYSIO4ALL Team Building Breakout Session

Time: 1 hour

Topic: Back pain and the "5 stages of spinal breakdown"

Props: Spinal Backblocks and exertube exercisers/2-3 copies of Sarah Keys Book

Handouts: 5 stages of Spinal Breakdown/Practice brochure/Brochure on CP and any other relevant documentation on current specials etc. All the info must be given out in PHYSIO4ALL carry bag.

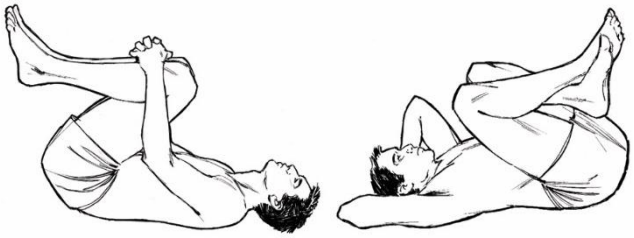
Group size: Between 10 – 20 people

Aim: Deliver the 5 stages of spinal breakdown with some practical application on spinal care

Session includes:

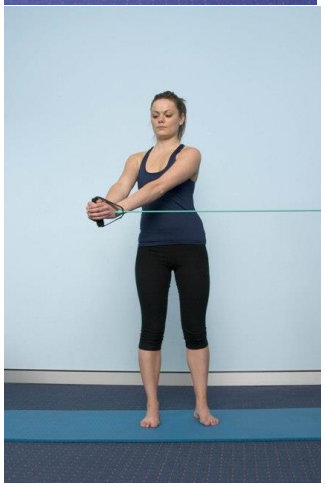
- Introduction of back pain and its relevance in our day to day lives
- Brief discussion on the effects of sitting, poor posture and the compressive forces we place on the spine. (2cm's shorter at the end of the day)
- Brief delivery of the 5 stages of spinal breakdown where each individual "fits" into the 5 stages.
- Explanation of why we use the SBB and the importance of decompression
- Check to see if anyone has CI to exercise
- Practical demonstration of the SBB
- Practical delivery of each individual using the SBB
- Follow with the exercises on page 2
- Continually discuss the importance of the specific exercises.
- Remember that you need to keep things simple.
- Team Building exercises: divide the group into 4 or 5 equal teams, depending on the size of the group.
- Team building exercises will focus on balance/proprioceptive routines on the SBB as well as the use of the exertube exercises.
- End the session with discussion on the importance of good posture and decompression type exercises.
- Talk to the group about buying a SBB for $12.00/Sarah Keys Book – Back Sufferer's Bible/ Pilates Classes and any specials we may be running at the time.

Exercises to be done during the session:

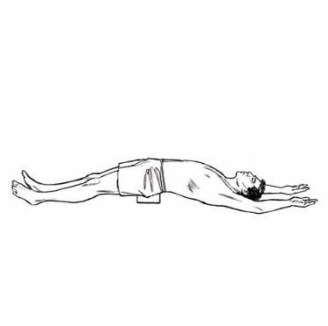








Using the SBB and theraband you can do a number of different balance and strength techniques



Spinal Backblock for 1 min (under bottom)

Spinal Rocking for 30sec

Thoracic Backblock between shoulder blades 1 min

Pose of child 30sec

Reverse curls – from 95 to 120 degrees.

Spinal forward bends 5sec

Spinal backbends 5sec

<u>The Back Block: The ultimate way to revive the discs!</u>

The intervertebral discs are the fluid –filled shock absorbers which cushion the bone-to-bone contact between the vertebrae. Discs do not have a blood supply – they are the largest avascular structure in the body – and have a very slow metabolic rate. However, as the vital agents of shock absorption throughout the elongated dancing column, their well-being is fraught with the forces of destruction. One of the main roles of preventative spinal therapy is to keep the discs buoyant and fully able to ride out the forces of compression, impact and incidental jarring which affront the spine. The main way this is done is through keeping the fluid content of the discs high.

All discs slowly lose approximately 20% of their fluid throughout the day and we all go to bed about 2cm shorter each night. What we lose through the day is recouped at night and through this stately tidal exchange our discs are kept nourished; stale fluid expelled by day under the compression forces of gravity, fresh fluids and nutrients sucked in while relaxed and horizontal as we sleep.

This mechanism works well if we lead a balanced life and so not over-emphasize our main Nemesis sitting, which in fact over-compresses the spine. We lose 10% of our fluid of the discs in the low back within two hours of sitting. The static-ness and low activity levels of our sedentary lives is one of the main ways discs break down. The synthesis and repair of discs is stimulated by *pressure changes* through the spine induced by full range activity.

Using a BackBlock provides three solutions in one. The physical separation of the spinal segments exerts local traction which counteracts the slow deflation of the discs. Lying backwards passively over the BackBlock (using it both under a hunched thoracic area – common to computer users – and a compressed and congealed lower back) stretches tight muscles and contracted ligaments which tether the spine down. And lastly, the pressure changes through the discs helps stimulate the synthesis of the spine's magic ingredient – proteoglycans – which attracts and hold fluid in the discs.

Written for Tania Alexander for publication in 'The Independent' UK, January 12th 2005

* Acknowledgment to Sarah Keys.