



Practice Makes Perfect

History

- Progressive improvements since 1994 to the current Version 4 Cervical Manikin
- Research (A Cervical Manikin Technique for Chiropractic Skills Development; Young TJ, Hayek R, Phillipson S, JMPT 21:4 May 1999, pp. 241-245) showed that there was no difference in examination results for students who used the cervical manikin.
- Recent Research (The simulated early learning of cervical spinal manipulation technique utilizing mannequins; Chapman PD, Stomski NJ, Losco B, Walker BF, Chiropr ManTherap. 2015, published online Aug 3 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4522963/>) confirms this.
- It is hypothesized that students who have access to the manikin suffer less from fatigue/injury from repetitive practice of setup procedures on each other (future research topic).
- The manikin can only ever be a stylized human – it is not meant to completely mimic a live human subject's feel. In any case no two human subjects are completely the same.
- This cervical manikin is the Resuscitation Annie of the spinal manipulation world!

Components of the manikin

- A head, neck and base.
- The neck has a stylized yet full anatomical range of motion (ROM).
- The head and base with correct use and due care will last for many years.
- The base may be reversed on the neck. The nuts may then be positioned over the back of a suitable chair for chair practice.
- With use the neck eventually fatigues. This process is accelerated with incorrect use such as rotation greater than 100 degrees or excessive force.
- The manikin neck may be reordered separately and easily changed – live human necks are not so easily replaceable.

Users

- Introductory students: The manikin is most useful during the introductory period where students have the least manual skill and may be nervous.
- Advanced students: who want to quickly revise procedure setups.
- Remedial Students: who want extra practice.
- Fatigued/injured students.
- Tutors: can demonstrate on a consistent platform.

Suggested Use

- Students work in pairs or small groups with a manikin. Two or three cervical manikins are required for each practical tutorial of six to eight students. This allows sufficient opportunity for manikin practice.
- The manikin stabilizing student monitors the practicing student for correct technique including:
 - The setup
 - Patient (manikin) position
 - Practitioner position
 - Contacts on the patient (manikin)
 - Vector or line of drive
 - And the delivery (thrust)
 - Speed and amplitude
 - Control
- Correct repetition creates proficiency. Get rid of the shakes!
- When proficient on the manikin, setups etc. may be then attempted on a willing human subject if desired.
- Setups on the manikin may be prone, supine or in the chair.



Key Benefits

- Repetition, repetition, repetition.
- Less opportunity for subject fatigue/injury. Reduction in the amount of time and frequency that student subjects must endure practice setups etc.
- Strength: Sometimes students are naturally too strong or too weak.
- The larger and stronger students develop finesse
- The delicate and weaker students can train on the manikin and develop prehensile, digital, and upper body fitness and power.
- Increased chance of learning correct engrams for setups etc. When using the manikin the practice partner can visually monitor and correct the components of the procedures.
- Remedial students can practice on the manikin repetitively with less dependence for extra practice on “friends”.
- Consistent evaluation platform: Before giving permission to practice on his or her own neck, a student subject can observe practice on a manikin.

