

Strut Adjustments

Moving bone, via the struts, is best done **slowly and regularly**. It hurts less, creates better bone, and is better for the soft tissues. Here are our strut adjustments rules.

- Go slowly! Break the struts up into three groups - ie: 1 & 2, 3 & 4, 5 & 6. While you'll look at each strut in the morning, only adjust one group at a time - ie: 1/2 in the morning, 3/4 around noon, 5/6 in evening. Some patients find it easier to group the struts by visibility if they only have help with the back struts during certain parts of the day.

Figure 1 - an example of how to break the struts into groups during the day.

		am		noon		pm		
1/2/09	17	221	203	189	191	223	222	View
1/3/09	18	221	203	190	192	224	223	View
1/4/09	19	221	203	191	194	224	224	View
1/5/09	20	221	203	192	195	225	224	View
1/6/09	21	221	204	194	197	226	225	View

- In the spirit of gradualness, turn each strut only 1mm at a time. This means that some struts will need to be broken up over the day and is why you must look at all the struts in the morning. Here is an example of struts that need to be turned more than 1mm in a day.

Figure 2 - the red circles are illustrating 2 struts (3 & 4) that will need to be turned 2mm on 1/6/2009.

		am		noon		pm		
1/2/09	17	221	203	189	191	223	222	View
1/3/09	18	221	203	190	192	224	223	View
1/4/09	19	221	203	191	194	224	224	View
1/5/09	20	221	203	192	195	225	224	View
1/6/09	21	221	204	194	197	226	225	View

- If a strut needs to be turned more than 1mm, you will turn it more than once in the day. This may mean that you are turning **more than 1 strut in a session - it is ok!**

Figure 3 - Struts 3 & 4 need to be broken up during the day. One strategy would be to turn **strut 3** 1mm in the morning, in addition to turning struts 1 & 2. At noon, **strut 3 & 4** would be turned 1mm. **Strut 4** would be turned another 1mm at night, along with struts 5 & 6.

		am		noon		pm		
1/2/09	17	221	203	189	191	223	222	View
1/3/09	18	221	203	190	192	224	223	View
1/4/09	19	221	203	191	194	224	224	View
1/5/09	20	221	203	192	195	225	224	View
1/6/09	21	221	204	194	197	226	225	View

- If you miss a day, **DON'T TRY TO MAKE IT UP IN ONE DAY!!!!** This is very anti-gradual. If you miss a day, simply start when you left off and renumber the days in the schedule.
- If you fall two days behind, **DON'T TRY TO MAKE IT UP IN ONE DAY!!!!** If you fall two days behind, **DON'T TRY TO MAKE IT UP IN TWO DAYS!!!!** Instead, if you fall two days behind, **CALL THE OFFICE for instructions.**