Thanks Again...

Dear Friends and Colleagues,

Thanks to all of you for a great 2011! Your continued support and Referrals are the foundation for our continued growth and success during these challenging economic times. Thanks to you, we are continuing to make progress in helping doctors of all techniques and backgrounds to integrate postural rehab care without reinventing their entire practice.

Thanks for helping us spread the message that postural rehabilitation isn’t just for practitioners of one specific technique. You keep telling your friends and colleagues. We’ll keep working hard to bring in a line of effective products at affordable prices!

Mark R Payne DC
President

This catalog is distributed only to licensed health care providers. Matlin products are only sold to licensed health care providers. All items should be used ONLY under the prescription and/or supervision of a licensed health care provider. Information contained herein is provided only as a means of describing our use of these products. Consider it a communication from one professional to another. Information contained herein is not intended as healthcare advice for any particular patient or condition.

We will replace and/or refund any product within 30 days of purchase if for ANY reason you aren’t pleased. We stand behind our products. If you don’t like it, just give us a call. We want you to be happy. However, this publication and all Matlin products described herein are provided without express or limited warranty of any kind as to the fitness for any particular purpose. The determination to use our products with any individual patient, as well as any risk attendant to such use, rests entirely with the attending professional. It is up to you, as the attending doctor, to determine what is appropriate and safe for each individual patient who has entrusted you with their care. By ordering our products, you are acknowledging that you understand and are familiar with the treatment concepts discussed herein and that you accept sole responsibility for the treatment of your patient.
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Postural Rehab Tool # 1
(Extension and/or Compression Traction)

There are a number of useful methods available to doctors interested in restoring balanced and upright posture, but without doubt, extension traction methods should be at the top of your list. Many of our products are designed to help restore optimal posture in the sagittal plane (lateral view). The last 15-20 years have seen a lot of attention placed on the necessity of healthy spinal curves for long term spinal health. Yet traditionally, the sagittal curves of the spine have been very difficult, if not impossible, to correct with manipulation alone. The best evidence at this time, indicates that extension traction, combined with manipulation, will nearly triple the results achieved with manipulation alone. Corrections in the range of 12-13 degrees are now substantiated in the literature with four peer reviewed studies showing benefit for both cervical and lumbar curves.

Compression VS Extension

For two thousand years, spinal traction has consisted primarily of applying forces straight upward along the Y axis in an effort to “decompress” the spine. Unfortunately, this type of long axis stretching does nothing to restore the lordosis. In order to more effectively restore the normal lordosis, we will generally want to apply forces in some vector posterior to the long axis of the spine. By pulling the head backward and maintaining the position for sufficient time, we can effectively stretch the soft tissues on the anterior of the spine thereby removing physical resistance to the body's efforts to maintain normal upright posture.

Obviously, almost any force applied to the skull in a posterior direction will cause the head and neck to tip or “extend” backwards (ie rotate around the horizontal X axis. (X axis not shown here) Methods which apply force in a posterior and superior vector are commonly called “Extension Traction”. Methods which create extension of the head and neck by applying force in a posterior and inferior vector are generally termed as “Compression Traction.”

Note that both methods ultimately “extend” the head and neck and consequently will stretch the anterior soft tissues. They just do so by applying the forces in different vectors.
Purpose: To be used as an aid in restoring the cervical lordosis.

Mechanism: Unit acts to stretch tight, contracted, soft tissue on the anterior aspect of the spine in order to allow the spine to return to a more normal, lordotic, posture. Compression traction force is provided with a single elastic band over the forehead which loads force onto the skull inferiorly bringing the neck into full extension. Tension is fully adjustable and remains constant from session to session.

Comments: NO weights, NO springs, and NO hassles. Effective, simple, compression traction. This is the original unit of this type. We have lots of copycats but no one matches our quality, service, or price. The units are durable and affordable and compression traction has been shown to work well for all neck configurations.

DAKOTA Traction™ is the first choice for home traction used by most of our clients.
Patients love the simplicity. Doctors love the corrections.

Note: Some patients (typically about 25-30%) simply cannot tolerate the compression loading of this unit. When that happens, try one of our other methods until you find one which is comfortable for the patient. Hint: When I have a patient who can’t handle DAKOTA Traction™, I always try the Stynchula method as my second choice (see pg. 8).

Starting at $24.50 each. Item # DT-1

Suggested Retail $55.00
CET-1 Traction

Three Decades of Safety and Versatility

Purpose: To be used as an aid in restoring the cervical lordosis. **Unit may be used supine (see right) or seated (see photo at bottom left).**

Mechanism: Traction force is provided by means of weighted harness over the chin and forehead. Very versatile. **May be used supine to provide long axis traction and extension or seated to provide compression loading and extension.** Supine use generally involves a fulcrum or roll for neck support (*sold separately—see pg 6*) Seated use is generally combined with a CounterStressing strap for comfort and is called Compression/CounterStressing Traction (Aka the “Stynchula” method) and has become very popular for both in-office and home traction (*see pg. 7-8 for a complete explanation*).

Description: Soft, comfortable, universal harness w/ adjustable forehead strap. Heavy cotton duck weight bag holds up to 9 lbs. of lead shot. Color black. Comes with patient literature. **Includes: Harness, weight bag, plastic liner, and complete instructions.** Lead shot, rolls, neck fulcrums, and other accessories are sold separately. See following pages for more traction accessories and options.

Comments: When I founded Matlin in 1988, the supine traction method shown here was pretty much the only cervical extension traction method available, so we just gave it the item number “CET-1”. This is really just a slight improvement I made to Dr. Jeff Blanchard’s original lead “cannonball” style unit which had been in use since the early eighties Many doctors (myself included) hated the dangerous old lead balls. So I replaced the old lead ball weight with a safer “bean bag” design to hold lead shot which doctors could purchase locally. At the time, that saved our clients a bundle by not having to ship the lead balls across the country. **Nowadays with lead shot so expensive, most doctors opting to save money by simply using rolled pennies instead.** (3 rolls of pennies = 1 lb) Suggested starting weight for supine use is three pounds for most adults.

Supine use of the CET-1 Harness generally requires a roll or fulcrum beneath the neck for support. See following page for a variety of rolls and fulcrums to support to the neck in supine traction.

*Only $13.00 each Item # CET-1*

Professional version available for IN-OFFICE use.—See Page 9
Supine traction generally requires a traction roll/fulcrum (not included) for proper comfort and support. Here are four styles for your consideration. There’s no right or wrong here. It’s simply a matter of having a fulcrum on hand that will support your patient properly yet comfortably during the traction process. These aren’t expensive items. I suggest just keeping a few of each on hand so you’ll have what you need.

**New Pyramid Fulcrum:** This item is made of a firm, resilient open cell foam. Color is gray. Hgt 3”. Softer and more comfortable than the old pyramid style. This fulcrum is usually placed with the apex of the fulcrum at mid cervical. Great choice for value and patient comfort.

Item # NPFA Only $3.00 ea.

**Double Wide -** VERY firm, layered, closed cell foam. 10” wide x 4” tall. Typically placed with apex at T-2. Provides additional support to upper thoracic spine to prevent sagging into extension during traction. A great design and has been one of my favorites over the years.

Item # DWFB Only $4.75 ea.

**LE-8 Traction Wedge:** Same geometry as the Dakota Traction (pg. 4) Positions so as to correct for thoracic extension/ posterior translation during CET-1 traction. Firm open cell foam. Measures 13”W x 11”L x 6 1/4” H. Also used for patient positioning during treatment.

Item # LE-8 Only $13.50 ea.

**Bed Wedge**– Use to provide proper support if patient must traction off of a worn out mattress. Firm open cell foam bonded to a solid back provides solid support to prevent thorax from sagging into extension due to weak bedding. Size 15” X 15”. Approx 3” high at apex.

Item # BW-3 Only $14.75 ea.

**Cervical Rolls:** Many doctors prefer a simple roll beneath the neck. Here are two different rolls to suit your preference. I prefer the 3” roll for 90 % of patients and rarely use the 4” except on very tall patients. Made of firm open cell foam. Use covered rolls in your office and uncovered rolls for take home use. (For more rolls see pg. 21). Color gray. 12 inches in length.

**3” Cervical Roll -** Item # MPR-3: Only $3.75 ea. **4” Cervical Roll -** Item # MPR-4: Only $3.95 ea.
Compression-CounterStressing Traction

Seated use of the CET-1 Traction combined with a “counterstressing” strap.

General: Compression-CounterStressing Traction (aka the “Stynchula Method”) is simply another, often more comfortable, way to use the CET-1 Traction unit. The method has been in use for nearly two decades now and offers a comfortable alternative for applying extension-compression forces to the cervical spine. In addition, because of its simplicity and comfort, this is the main method of extension traction most doctors (including myself) are choosing for IN-Office treatment.

This method requires two pieces of equipment: 1) a CET-1 Traction Unit (pg 6) and 2) a CounterStressing Strap (Item CSS-1. See picture at left). With patient in the seated position, a weighted CET-1 Traction unit (see left) is placed over the chin and forehead pulling the head down and backward (see red arrow) and stretching soft tissues on the anterior neck. At the same time the CounterStressing Strap placed behind the neck pulls forward into the lordosis. The forward pull of the CounterStressing Strap provides support to help prevent painful overextension of the facet joints and functions as a fulcrum over which the neck is stressed into extension. In some patients the facet joints may be too hypermobile to tolerate the unsupported loading generated by pure compression units such as the Dakota Traction (pg.5) or Payne Traction (pg.10). Compression Counterstressing traction provides a comfortable and proven effective alternative. Harnesses and counterstressing straps available in both home and professional grade quality.

HOME Traction
(Compression CounterStressing traction for Home use.)

Includes one CET-1 Home Quality Traction unit w/ weight bag, and one CET-1 CounterStressing Strap. Patient instructions included. (Weight not incl. You add weight to unit using rolled pennies (three rolls = 1 lb) We suggest 2-3 lbs as a starting weight for most adults. ** Color: black.

Only $22.00 Item # STYNCET-1

*Professional Grade Items are generally made out of heavier materials, typically utilize steel instead of plastic components, and/or include various features which make them more durable or useful in the office environment where they will be used day in and day out. Home quality items are designed to meet the needs of only a single patient and to help keep home rehab items affordable for your patients. ** Not recommended for use with children.

PROFESSIONAL GRADE Traction
(Compression CounterStressing Traction for In-Office Use)

Incl. one CETPRO Professional quality Traction Harness and one CSSPRO CounterStressing Strap, and Three weight bags. Weight not included. You provide rolled pennies (3 rolls = 1 lb). Use of three bags per traction station allows for quick and easy weight changes as needed. Color: Gray or Blue. (Also check out our UniRAIL Wall system pg. 16 for a quick and versatile way to attach equipment to your office wall.)

Only $42.75 Item # STYNPRO-1
### Individual Traction Components

#### (Home Quality) Traction Components

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Price</th>
<th>Item #</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CET-1 Style Traction Harness</strong></td>
<td>This is the harness only (see pg. 6). (Weight bag not incl.): Doctors who prefer the older lead ball type weights simply snap this harness to lead ball for use.</td>
<td>Only $7.00 ea</td>
<td>CETH</td>
</tr>
<tr>
<td><strong>CounterStressing Strap</strong></td>
<td>Take home version of our popular “static” counterstressing strap. Has tabbed anchor end on webbing strap for insertion into any standard door frame.</td>
<td>Only $12.75 ea</td>
<td>CSS-1</td>
</tr>
<tr>
<td><strong>Seated (Payne) type harness only</strong></td>
<td>Home quality harness only. Weight bag not incl. Can be attached to older lead ball type weights.</td>
<td>Only $8.00 ea</td>
<td>SETH</td>
</tr>
<tr>
<td><strong>Cloth Weight Bags</strong></td>
<td>Holds approx 9 lbs lead shot or 7 lbs of rolled pennies. Durable enough for In-Office use.</td>
<td>Only $7.00 ea</td>
<td>CETB</td>
</tr>
<tr>
<td><strong>Strap Type Weight Holder</strong></td>
<td>Economy style strap type holder. Allows attachment of 1” barbell plates to traction harnesses</td>
<td>Only $1.75 ea</td>
<td>PS-1</td>
</tr>
</tbody>
</table>

#### (Professional Grade) Traction Components

**Tough, upgraded, professional versions of our popular home traction products.** Resist oil and make-up staining. Attractive colors (Gray or Blue) for your office décor. PRO Traction CounterStressing Straps and Traction harnesses all have heavy steel snap hooks for quick and easy use in your office. Designed to attach to our UniRAIL Wall System (See pg.16) *Top quality gear for daily use in your office.* This is the stuff. Kits offer your best start up value but individual components are listed here in case you need to order a replacement item.

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Price</th>
<th>Item #</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Professional CET-1 Style Traction Harness</strong></td>
<td>(Weight bag not incl.): Professional version of CET-1 traction harness (pg. 6). Heavy grade webbing. Heavy Duty Steel Snap hook for easy weight changes. Blue or Gray</td>
<td>Only $12.75 ea</td>
<td>CETPRO</td>
</tr>
<tr>
<td><strong>Professional CounterStressing Strap</strong></td>
<td>Professional grade version of our popular CSS-1. Steel snap hook for attachment to your clinic wall and designed for easy change out of foam pads for cleaning or replacement. Includes CSSPRO-1 Pro grade counterstressing strap and 1 extra foam neck pad. Blue or Gray</td>
<td>Only $12.75 ea</td>
<td>CSSPRO-1</td>
</tr>
<tr>
<td><strong>Cloth Weight Bags</strong></td>
<td>Same bag as on our home unit, but this item is durable enough for In-Office Use. Black only.</td>
<td>Only $7.00 ea</td>
<td>CETB</td>
</tr>
</tbody>
</table>
Cervical Traction - Alternative Methods

Payne Traction (seated compression traction)

Comments: When I designed this harness nearly twenty years ago, it was the first ever compression traction unit for home use. Nowadays most doctors use the Dakota Traction™ (see pg. 5) for home compression traction because it’s simpler, and generally more comfortable. However, the SET-1 still serves well for a very select group of patients. Namely, patients who need to perform compression traction in the seated position and who also have TMJ sensitivity.

Long style harness goes behind back and around shoulders. Applies force to forehead only. Can also be used in combination with a counterstressing strap to perform Compression CounterStresssing traction (see pg. 8) if your patient is highly TMJ sensitive. Truthfully, I don’t need this item very often anymore. You won’t either...just realize this is simply another alternative for select patients. Includes long style webbing harness, cloth weight bag, plastic liner and patient literature. One size fits all but the very largest patient. Includes harness and bag. Weight not included.

$12.50 Item # SET-1  Sug. retail $30.00

Over Door Traction

We don’t make these, but it’s an honest price on an old standard product. Traditionally used to apply vertical/long axis traction (see left). By moving patient out in front of the unit a few feet (see right) unit can also be used to provide gentle extension combined with long axis traction. Not as effective as Dakota or Stynchula methods in terms of restoring the lordosis in my opinion, but useful for disc patients or others who may not be able to tolerate other extension traction methods. Traction weight provided by vinyl water bag. One size fits most harness.

$17.25 ea.  Item # ODT-1  Sug. retail $35.00
**X-TRAC**

**Lumbar Extension Traction**

**Purpose:** To be used as an aid in restoring the normal lumbar lordosis.

**Description:** Provides extension traction force derived from the patient’s own body weight (supine use) or muscular effort (seated use) into the lumbar spine at the precise point and vector recommended by the doctor.

**Comments:** No weights, springs, or pumps. Use supine or seated. For supine use at home, simply insert the tabbed anchor strap into any hinged door frame and close door. Patient lays down over padded strap and tightens to desired tension. No need to hold strap once to tension. Quick release for easy exit. Easy, no tools required, installation. For office use simply attach to your UniRAIL Wall System (see page 16)

For home seated use, the unit is also anchored into any standard door frame. (Can also be attached to your UniRAIL wall system for in-office use.) Once anchored, patient leans forward, tightens strap, and then “actively” extends the L-spine. In this position, traction force is created via ACTIVE muscular contraction. Used in this manner, the device actually produces both an exercise of the extensor muscles and a forward traction effect into the lordosis. Complete instructions for installation, supine and seated use provided. Total patient control of traction force allows every patient to start at their own comfort level and progress as they are able. Simple design enables exact duplication of traction force from session to session. Another Matlin first.

**Only $31.50 ea.** Item # XT-1

*Complete instructions included.*
There’s an intimate and ironclad relationship between structure and function. As a chiropractor, my early education taught me to look closely at the relationship between proper spinal alignment and bodily function. Admittedly, my early concepts of subluxations as single bones out of place, interfering with spinal nerves, were hopelessly simplistic. Later, I came to view global spinal misalignment (posture) as a much more logical and understandable piece of the puzzle. Posture based exercise became an important item in my toolkit as I started learning how to really correct spines. In the early days, postural rehab was a simple matter of analyzing the patient’s posture, then prescribing simple isometric exercise(s) to move them into the opposite or “reverse” posture. For instance, if our patient exhibited forward head translation, we would just teach them to retract the head into the “opposite” posture, in this case posterior translation. Pretty simple eh? And although things aren’t always quite so simple, reverse posture exercise remains one of your most effective tools for correcting spinal structure.

During the eighties, much of our profession turned their focus to improving spinal function (as defined by palpated spinal motion), placing less emphasis upon structural alignment. More recently, the profession has embraced various concepts of “functional rehab.” Unlike structural imbalances which are fairly straight forward phenomena to measure, functional deficits can be defined and measured in many ways. Various attributes such as strength, endurance, flexibility, and quality of movement, can all be loosely lumped under the heading of “function”. The move in chiropractic toward functional rehab is basically a good thing...as long as we don’t throw out the proverbial baby with the bath water. In my humble opinion, structure and function are merely opposite sides of the same coin. Structure oriented doctors (like myself) can learn a lot from studying functional based rehab. It took a while for me to realize that many times it was difficult to attain, much less maintain, proper structural alignment, without also addressing the underlying functional disorders. Conversely, many doctors who have spent their careers trying to restore normal function in the face of uncorrected postural problems, would do well to consider the structural context within which human movement occurs. Both approaches have their benefits and it behooves all of us to learn as much as we can.

Because of my background in postural chiropractic, most of Matlin’s products are geared toward optimizing structure. That said, rehab is definitely a place where there is plenty overlap and room for differences of opinion. Regardless of whether you are primarily a “structuralist” or a “functionalist” in your approach, I think you’ll find the following tools to be a useful addition to your practice.

Mark R Payne DC
What the heck is a Noodle™ anyway? Imagine, a single exercise device for resistance training of the entire spine... cervical, thoracic, and lumbar... PLUS every major extremity joint. In every possible range of motion. With virtually unlimited levels of resistance. No need to have a half dozen different tubing exercisers of different thicknesses at every station in your rehab area. One device does it all. (Available in Home and Professional versions.)

**Description:** Four rubber tubes ranging from light weight to extra heavy-duty, provide variable resistance for therapeutic exercise. Simple, secure, anchor system provides instant attachment of the device (no tools required!) into any door frame. Our unique long style handles attach to the rubber tubes allowing almost any exercise imaginable without changing attachments. Simply attach handles to the tube(s) needed for desired level of resistance. (Tubes may be used singly or in any combination to provide a wide range of resistance levels.) Accommodates everyone from de-conditioned seniors to serious athletes.

Patient begins in-office rehab using the Pro Noodle™. Later when the patient has progressed and needs a device for home care, you provide a Home Noodle™. Compliance goes way up because now you are sending patients home with essentially the very same device they’ve already mastered during their in-office rehab care. Transitioning patients to home care couldn’t be any simpler!

**Silly Name. Serious Rehab.**

See right for complete description of Professional and Home Noodle Products
1. Anchor Strap
   **Home model** (see left) has tabbed end. Simply insert between door and door frame of any standard household door and close door to secure anchor strap. Attaches in seconds. No tools required. **Professional model** (see right) comes with steel snap hook to be secured to your clinic wall. Complete your rehab unit with our UniRAIL Wall System for a secure and versatile way to attach exercisers and other rehab equipment to wall. (See pg. 17)

2. Latex resistance tubes
   Four color coded thicknesses provide resistance to exercise activity. Ring insert in each end of tubes allow for attachment of exercise handles. May be used singly or in combination to provide wide range of resistance levels. Length 24”.

3. Handles
   We make two different style handles to attach to the resistance tubes...a long style (see right) which is very versatile, and a more traditional short handle (Call). All Noodle exercisers ship with long style handles unless you request differently.

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**Noodle™ HOME Kits**

Ready to use kit w/ **four latex tubes** ranging from light to extra heavy, two long style handles, tabbed style door anchor for home use, and **Spinal Basics** Instruction booklet. *(Suggested retail value is $55.00)*

only $26.95 ea. Item # NHK

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**Noodle™ PRO Kits**

Professional grade Noodle™ for In-office rehab. **Sturdy steel snap hook** for easy attachment to the wall in your therapy suite. Four latex resistance tubes ranging from light to X-heavy attach to super durable handle grips for long life in your clinic.

only $37.75 ea. Item # NPK
Noodle Brand Rehab Components

**Bulk Tubing**

We now offer four thickness grades of latex tubing in bulk 100 ft. boxes.* Use for a wide range of rehab activities. If you’ve been purchasing from the big supply houses, please check our prices. We’re very competitive and your satisfaction is guaranteed.

<table>
<thead>
<tr>
<th>Color</th>
<th>Desc./Length</th>
<th>Wall Thickness</th>
<th>Price</th>
<th>Item #</th>
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<td>Green</td>
<td>Light / 100 ft</td>
<td>.063</td>
<td>$37.50</td>
<td>TG-100</td>
</tr>
<tr>
<td>Orange</td>
<td>Medium / 100 ft</td>
<td>.078</td>
<td>$48.25</td>
<td>TO-100</td>
</tr>
<tr>
<td>Red</td>
<td>Heavy / 100 ft</td>
<td>.094</td>
<td>$48.50</td>
<td>TR-100</td>
</tr>
<tr>
<td>Black</td>
<td>Ex. Heavy/ 100 ft</td>
<td>.125</td>
<td>$55.25</td>
<td>TB-100</td>
</tr>
</tbody>
</table>

* Total length will meet or exceed 100 feet per box but will generally NOT be one continuous length. Lengths vary but generally aren’t less than ten feet or so per piece. Most are much longer. This is true with all tubing brands due to inherent difficulties in the manufacturing process. ** Be aware that our color coding system is different than other famous “name” brands. When shopping, compare tubing descriptions NOT just colors!

**Noodle™ Tubes**

Need to replace a broken/worn out resistance tube? The basic Noodle™ exerciser uses 24” tubes w/ attachment rings on each end. Available individually or save w/ 12 packs.

<table>
<thead>
<tr>
<th>Color</th>
<th>Desc.</th>
<th>Single Tube</th>
<th>Item #</th>
<th>12 Pack</th>
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<tbody>
<tr>
<td>Green</td>
<td>Light/54”</td>
<td>$5.91</td>
<td>NGL-54</td>
<td>$60.25</td>
<td>NGL-54B</td>
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<tr>
<td>Orange</td>
<td>Med/54”</td>
<td>$7.35</td>
<td>NOM-54</td>
<td>$74.75</td>
<td>NOM-54B</td>
</tr>
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<td>Red</td>
<td>Hvy/54”</td>
<td>$7.70</td>
<td>NRH-54</td>
<td>$78.50</td>
<td>NRH-54B</td>
</tr>
<tr>
<td>Black</td>
<td>X-Hvy/54”</td>
<td>$9.59</td>
<td>NBX-54</td>
<td>$97.50</td>
<td>NBX-54B</td>
</tr>
</tbody>
</table>

**Long Style Tubes**

We also offer 54” resistance tubes for doctors prescribing longer R.O.M. exercises. Available singly or in bulk for replacement/ modification of existing Noodle exercisers. Also available upon request when purchasing your Noodle exercisers. *(Call for pricing.)*
New...UniRAIL Wall System

Save Big…Build Your Traction/Rehab Department in Five Minutes!

If you want to do extension traction or postural rehab procedures in your office, you’ll need a secure way to attach equipment to the wall of your rehab suite. Our UniRAIL is the most versatile wall system I’ve seen and at a fraction of the price of our competition.

Sturdy all steel construction. Solid steel track is 60” long and comes with sliding anchor point adjustable to any height needed. Easy one hand operation. Raise anchor point up or down as needed for traction or exercise at the desired angle. Durable powder coat finish is available in white or neutral gray. Tough, bomb proof, maintenance free design. Attaches in minutes with standard tools.

We call it the UniRAIL (Yes, I know it’s a corny name) because now you only need one station for cervical and lumbar traction and pretty much all your rehab. Complete mounting hardware and instructions included. Compare UniRAIL against any other wall system by any other manufacturer. No one touches this value. Then order with confidence because we guarantee your satisfaction.

only $99.00 ea Item# URWS
(See following page for Treatment Modules)
### Add a Treatment Module

#### Cervical Traction
**Professional Grade Compression CounterStressing Traction**

Everything to set up Compression-CounterStressing (Stynchula) traction in your office. Includes one CETPRO Professional Traction Harness and one CSSPRO Professional CounterStressing Strap, plus Three weight bags. *(Weight not included. You provide rolled pennies (3 rolls = 1 lb). We suggest setting up your weight bags with 2, 3, and 4 lbs. respectively for quick and easy weight changes as needed.)* CETPRO and CSSPRO available in gray or blue. See page 8 for more info on this type traction. *(Reg. Price $46.50)*

**Item #** URCTM

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#### Lumbar Traction
**Seated Use of X Trac Lumbar Traction for IN-Office Rehab**

Everything needed to rehab the lumbar lordosis using our X TRAC lumbar traction *(See pg. 11)* in your office. X TRAC device is anchored to the UniRAIL Wall System while patient sits on 15 degree seat wedge *(our Item # SW-15 Included)*, leans forward, tightens strap, then extends L-spine against resistance of X TRAC strap. Produces both active exercise of the extensor muscles and a forward traction effect into the lordosis. Complete instructions for use and installation included. *(Reg. Price $40.00)*

**Item #** URLTM

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#### Noodle Rehab

Everything needed for In-Office Rehab using our Noodle Exerciser. *(See pg. 13)* Includes: One Professional Grade Noodle Exerciser with Standard Long Style Handles (see left) PLUS One Set of Short Style Handles for extremity exercise. *(Reg. Price $46.25)* PLUS Order Three or more and receive FREE one copy of *Using Your Noodle... A Straightforward Guide to Therapeutic Exercise* *(an additional $49.95 value)*. Limit one book per order.

**Item #** URNRM

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*Only $39.50 w/ UniRAIL Purchase*

*Only $35.75 w/ UniRAIL Purchase*

*Only $39.75! w/ UniRAIL Purchase*
Foot Orthotics… Building Posture on a firm foundation.

Over Pronation

The terms “hyper” or “over” pronation” describe an excessive inward (medial) rolling of the rear foot. The condition, is almost always associated with loss of the long arch of the foot (Pes Planus or “Flat foot”). Get used to seeing these two together as they are by far the most common biomechanical problems of the feet and the impact upon your patient’s spines is very real. (Not to mention the local pain and symptoms in the feet themselves.) This is important to us as posture oriented practitioners because roughly 80 percent of our adult patients will present with some degree of mechanical breakdown of the feet in the form of rearfoot pronation and or loss of the longitudinal arch (flat foot). Some cases will be quite mild, but many will exhibit a degree of dysfunction severe enough to impact spinal posture. Left uncorrected, breakdown of the feet can sabotage your best efforts at corrective care. At some point, if you are serious about correcting spinal posture, you will start getting serious about understanding and managing the more common biomechanical problems of the feet as they relate to spinal posture.

The illustration above shows the lateral edge of the left heel tending to lift upward slightly from the floor surface as the foot rolls inward loading more weight onto the medial edge of the foot. This is easily observed as an inward bowing of the Achilles tendon and more prominent protrusion of the medial head of Talus. Eventually the long arch of the foot begins to collapse under the excessive loading creating flat foot deformity. Over pronation of the foot causes the tibia to rotate medially creating strain on the knee joint as well as tilting and rotation of the pelvis and lumbar spine. Although the specific manner in which over pronation reflects throughout the kinetic chain will vary depending upon the degree and relative severity (left vs right) deformity, the effects can be quite profound. Fortunately, most common biomechanical problems of the feet can be easily and effectively managed with pre fabricated or “off the shelf” orthotics at a fraction of the cost of laboratory made orthotics. Results using pre fab orthotics have been shown to be equal to more expensive custom made devices.(1,2,3) Rather than try to “reinvent the wheel” I’ve acquired a full distributorship for the VASYLI Medical lineup of pre made orthotics. I’ve personally used VASYLI products for myself and my patients for years now and my results have been outstanding. I’m very proud to be able to add the VASYLI product line to our catalog. I hope you’ll give these products your consideration when patients present with biomechanical breakdown and dysfunction of the feet.

Foot Orthotics... Postural Support From the ground up.

Vasyli *Customs* ... Vasyli’s *Custom* line of orthotics provide engineered support for spinal posture from the ground up. Now you can get all the benefits of lab made orthotics in an “out of the box” product. Available in Full and 3/4 Length (*my personal preference*), Vasyli’s *Custom* line gives you the versatility to quickly manage foot related postural imbalance as well as almost any mechanical foot problem likely to present in your office. Simply fit according to shoe size (See Size chart next page). In my experience these generally work very well “out of the box” with little or no modification, however devices are heat moldable for a more custom fit if needed. Four degrees of built in correction for overpronation is sufficient for most patients. Additional rearfoot wedging and heel lift add ons available if needed. (*see next page.*) Latex free.

**Your Choice**

*only* $32.95/pair

<table>
<thead>
<tr>
<th>VASYLI Size Chart</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men</strong></td>
</tr>
<tr>
<td>X Small — Fits 3 1/2 - 5</td>
</tr>
<tr>
<td>Small — Fits 5 1/2 - 7</td>
</tr>
<tr>
<td>Medium — Fits 7 1/2 - 9</td>
</tr>
<tr>
<td>Large — Fits 9 1/2 - 11</td>
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<tr>
<td>X Lrg. — Fits 11 1/2 - 13</td>
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**Blue (Medium Density)** - Biomechanical control with a bit more comfort for the average patient.

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<th>X-Small</th>
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<td># VASFLB -M</td>
<td># VASFLB -L</td>
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**Red (High Density)** - Firm durable control. for athletes, large patients, and severe pronators.

<table>
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<th>Large</th>
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<td># VASFLR-S</td>
<td># VASFLR -M</td>
<td># VASFLR -L</td>
<td># VASFLR -XL</td>
</tr>
</tbody>
</table>

See Orthotic STARTER KIT OFFER... NEXT PAGE!
Orthotic Add Ons - *for extra support if needed.*

**Vasyli Orthotic Add Ons** – Easy “stick on” modifications allow for quick customization of orthotics if additional correction is needed.

**Additional Rearfoot Posting** — While the four degrees of rear foot correction is adequate for most patients, some severe overpronators may need more. Add either two or four degrees as needed for excessive pronation. Simply peel and stick varus wedges to the medial side of the orthotic heel as shown here to bring the rear foot back to neutral posture. Sold in packs of ten (Contains 5 lt /5 rt).

- **Two Degree Varus Wedges** - Order Item # VASVW2  $28.50 / 10 pk
- **Four Degree Varus Wedges** — Order Item # VASVW4  $28.50 / 10 pk

**Heel Lift** — Quick and easy correction for leg length inequality. Peel and stick surface can be attached to bottom of VASYLI orthotics or used alone by simply placing device beneath insole of patient’s shoe. Available in 4, 6, and 8 mm heights. One size. Trim to fit for smaller shoe sizes. Sold in packs of ten.

- **Your choice $28.50/ 10 pk**
  - **4 mm heel lifts** Item # VASHL-4
  - **6 mm heel lifts** Item # VASHL-6
  - **8 mm heel lifts** Item # VASHL-8

**Orthotic Starter Kit**

Ten Pair Assortment of Medium and Firm density VASYLI Custom orthotics (your choice of full or 3/4 length). PLUS One 10 pk of 2° and One 10 pk of 4° Varus Wedges *(See above)*. Everything needed to start fitting patients. Have the device you need on hand, then simply reorder as you use them.

*Only $358.50*! (Reg. $386.50)

*Limited time/One per client.*
More Vasyli Orthotics… Special Applications.

**“Custom” EASYFIT**

This is the same as the 3/4 length VASYLI “Custom” device but with a lateral cut-away for a more easy fit into narrower footwear including men's loafers & ladies (low-heeled) dress shoes. **Sizes:** XS, S, M, L and XL

*only $32.95/pair (Call for Item Numbers)*

**SLIMFIT**

SLIMFIT makes fitting orthotics into ladies fashion shoes and high heels easy. Flexible contours easily to shoe. Rearfoot correction is reduced to 2 degrees due to accommodate the change in tibio talar axis which inverts the foot in higher heeled shoes. **Sizes:** XS,S,& M only

*only $32.95/pair (Call for Item Numbers)*

**The Dananberg Orthotic** - The Vasyli Howard Dananberg Orthotic is designed to treat patients with painful dorsiflexion of the large toe (Structural Hallux Limitus). SHL is of concern to chiropractors because it often causes the foot to supinate and the tibia to rotate externally thereby impacting spinal posture. The full length Dananberg device targets a common cause of SHL, dorsiflexion of the first ray. Unique design incorporates proximal and distal plugs which can be removed individually or together as necessary to allow the first ray to “drop” or plantar flex during gait thereby freeing the 1st toe to dorsiflex properly. In addition to the removable plugs, this orthotic is also heat moldable if needed. Interested doctors may want to check out VASYLI.com for video tutorials on using this device.

Unlike overpronation and pes planus, first ray dysfunction and the accompanying SHL aren’t the most common conditions you’ll encounter as a chiropractor. But the Dananberg device will certainly fill a critical need for some patients. I would encourage interested doctors to take a look at VASYLI’s video tutorials on how to quickly and simply diagnose the problem and treat it effectively with this very special orthotic.

*only $32.95/pair (Call for Item Numbers)*
These final few pages of the catalog will cover several categories of products I would class as “ancillary items”. In my humble opinion, extension traction and therapeutic exercise are the most effective tool available for postural rehabilitation. Each of these final products will serve to fill a small niche. Some of you may not be at all familiar with the products or their uses. Some are no doubt self explanatory. For the rest, I’ll just offer a brief overview to hopefully give some perspective as to how these tools might fit into an effective program of postural rehabilitation.

**Postural Supports:** I strongly advocate the use of postural support for patients who work extended hours in the seated position. Anecdotally, I’ve personally seen some rather profound long term corrections which appeared to be associated with nothing more than the consistent use of a proper lumbar cushion or seat wedge. They probably aren’t necessary for everyone, but when your patient spends hours on end “driving” a desk or a tractor trailer truck, they are well worth considering.

**Spinal Remodeling:** Here is a method which has been popularized over the years by a number of technique instructors. The idea, of course, is simple. Just lay over a shaped fulcrum or wedge in such a way as to reinforce and retrain the sagittal curves of the spine. When should you consider using spinal remodeling? In my opinion, these are an appropriate tool for patients who either cannot tolerate or won’t participate in a more aggressive program of extension traction. They can also function well as an aid to spinal maintenance once maximum correction has been achieved.

**Reverse Posture Adjusting:** Basically, the theory here is simple. Observe the patient’s posture, place them in the exact opposite position, and adjust (generally with drop table or instrument) over those areas of the spine particularly rich in mechanoreceptors...most commonly the upper cervicals and iliofemoral joints. (see left) There...I just saved you a couple thousand bucks in seminar fees! In my experience, postural adjusting is useful when trying to correct the frontal plane postures but not so much with the sagittal curves. I’ll leave it to someone else to determine whether or not my observations are valid, and if so why. Our Pro-Series positioning blocks (pg.20-21) are simply a variety of sizes and geometric shapes designed to help you place patients into reverse posture position or as you see fit. You’ll find these blocks to be very versatile and extremely durable for patient positioning regardless of your clinical goals.
Postural Support - Seated Support for the Lumbar Spine

Seat Wedge

**Purpose:** Provides support for the normal lumbar lordosis by encouraging proper sitting posture.

**Description:** Simple uncovered foam wedge tilts pelvis forward slightly to reinforce lumbar lordosis.

**Comments:** Inexpensive. Effective. Helps prevent slumping of the lumbar spine into flexion and hypolordosis. Encourage patients to use for short periods each day until they regain enough strength to sit properly all day. Made of firm, durable, open cell foam. **UNCOVERED.** Very effective, very low tech, just the way I like it.

**Only $9.00 ea.** (Suggested Retail $15.00) Item # SW-15

Bentley Back Right

**Purpose:** Provides seated support to the upper lumbar lordosis.

**Description:** Firm open cell foam covered with gray cotton twill material. Complete with tie straps to attach to office or car seats. Device targets support to the upper lumbar spine in a way completely different than other low back cushions.

**Comments:** Unique cushion designed by Dr. Roger Bentley of Gallup, New Mexico. Unlike other cushions which force lumbar curve into the lower lumbar segments, this cushion gently reinforces curve into the upper lumbar segments where it is often needed most. Use for patients with loss of curve in the upper lumbars or posterior translation of the thoracic cage relative to the sacrum.

**Only $15.50 ea.** (Suggested retail $24.95) Item # BBR
Spinal Remodeling...*Gentle passive correction of sagittal curves.*

**Purpose:** To provide support to the cervical and lumbar spine for the purpose of gently and progressively reintroducing the normal lordotic curves.

**Description:** Graduated series of firm open cell foam wedges progressively reintroduce normal sagittal curves. May be used singly or in combination to provide simultaneous cervical and lumbar remodeling. Sold in packs of four only. Heights range from 2.0” to 4.5” graduated in half inch increments.

**Comments:** For decades, chiropractors have used rolled up towels or one size fits all wedges or rolls to remodel spinal curves...here’s a better way. Our competitors sell virtually identical products at four to five times the cost of our fulcrums. Don’t you be fooled! There’s nothing magical about this process. All these various rolls and wedges simply reintroduce the sagittal curves by extending the spine over a properly placed fulcrum. Just start with a fulcrum height your patient can tolerate for 5-10 minutes., gradually increase the time to 20 minutes or so, then move up to the next taller fulcrum to gradually introduce more remodeling force into the spine. Great for patients who can’t /won’t perform traction, or for children and adolescents who just need a slight nudge in the right direction. Begin with a Starter Set so you’ll have every size, then restock as needed. **Sold in packs of four.**

### Cervical Fulcrums:
- 2.0” - $9.75 (DBC2.0)
- 2.5” - $11.25 (DBC2.5)
- 3.0” - $11.95 (DBC3.0)
- 3.5” - $12.50 (DBC3.5)
- 4.0” - $13.25 (DBC4.0)
- 4.5” - $14.00 (DBC4.5)

### Lumbar Fulcrums:
- 2.0” - $14.00 (DBL2.0)
- 2.5” - $16.00 (DBL2.5)
- 3.0” - $17.00 (DBL3.0)
- 3.5” - $18.00 (DBL3.5)
- 4.0” - $19.00 (DBL4.0)
- 4.5” - $20.00 (DBL4.5)

### Adjustable Height Arch Fulcrum:
New adjustable height arch provides economical remodeling in supine position for HYPERkyphotic thoracic spines at a fraction of the cost of most thoracic arches. Also used in side posture to introduce lateral bending of the spine wherever needed. New interlocking base allows secure placement of spacer(s) underneath to raise arch height up as needed. Start low. Add spacers as patient is able to tolerate more force.

### Starter Sets
- **Cervical:** Includes one four pack of each size. Item# DBCSS Only $57.25 (Save $15.45)
- **Lumbar:** Includes one four pack of each size. Item# DBLSS Only $84.00 (Save $20.00!)

**Arch Fulcrum** (3 1/2” hgt) only $8.75 ea. Item # TA-1
**1” Spacers for Thoracic Arch** only $2.50 ea. Item # TAS-1
Use our MPR (Multi-Purpose Roll) series for a wide range of patient positioning, rehab, and treatment needs. Rolls are made of FIRM, durable, open cell foam. We use only the most durable grades of foam in our rolls. Don’t confuse these with cheap, squishy, rolls by other manufacturers. Available covered for office use or uncovered for take home. Color gray. May vary.

<table>
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<td>12”</td>
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<td>4”</td>
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<td>MPR-4</td>
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<td>7”</td>
<td>18”</td>
<td>Exercise, postural adjusting, spinal remodeling</td>
<td>$15.50</td>
<td>MPR-7</td>
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<td>$34.50</td>
<td>MPR-13</td>
<td>$48.75</td>
<td>MPR-13C</td>
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</table>
The blocks, wedges and fulcrums shown here are tools for patient positioning during treatment. Uses might include reverse posture adjusting, spinal remodeling, to facilitate manipulation, massage, therapy applications, or any other reason the doctor thinks appropriate. Our pelvic-thoracic (P/PW-Blocks) and cervical (C/CW- Blocks) fulcrums are of firm durable crosslinked layers of polyethylene foam bonded unless otherwise stated. Layered foam is bonded to a bottom layer of non-slip neoprene so blocks can be safely stacked if needed. Color gray. May vary. Very tough and durable.

Think of these various shapes as “building blocks” with which you can position your patients in almost any imaginable posture or position. Shown below are a few examples of how blocks can be used for patient placement.

Pelvic/Thoracic Blocks

- **Item # P5**: 18”x 7”x 5” $23.50 ea
- **Item # P3**: 18”x 7”x 3” $13.50 ea
- **Item # P2**: 18”x 7”x 2” $10.50 ea

Cervical Blocks

- **Item # C3**: 8”x 21/2”x 3”H $3.25 ea
- **Item # C2**: 8”x 21/2”x 2”H $2.50 ea
- **Item # C1**: 8”x 21/2”x1”H $1.75 ea

Pyramids– Use to position patients into lateral flexions or to introduce spinal bending as needed. Firm open cell foam. Available in 5” and 7” hghts.

Pelvic Wedges– Use to introduce pelvic/sacral rotation....great take home tool for SOT doctors. VERY firm closed cell, layered foam. Gray.

Examples shown here are merely demonstrations of some possible uses of various shapes and sizes of blocks. They are not prescriptive for any particular patient. It is up to you as the attending doctor to determine how any given patient should be positioned for treatment.
ProAdjusting Set

Every size and shape needed for placement of patients into reverse posture for adjusting, therapy, massage, etc. Includes one each of items P2, P3, P5, C1, C2, C3, LE-5, LE-7 and CW-4, plus two each of items PW-4 and PW-6. 13 pieces total. (See pg. 20 for sizes and details.) If you’re serious about postural chiropractic, go ahead and spring for this complete set. You will need all of these shapes at one time or another. I only sell the smaller starter sets (see below) as a concession to starving students. If they need an extra block they can always use Gray’s Anatomy! You won’t want to do that in your office. All blocks are available individually as well as in sets.

$89.00 Item # PAS13

(Value $111.50 if purchased separately)

Starter Set

A VERY basic set of adjusting blocks and fulcrums for students or new practitioners. Includes one each of our most commonly used fulcrums. Items P2, P5, C2, C3, and two PW-4. 6 pieces total

$39.75 Item # SAS6

(Value $48.75 if purchased separately.)
Suggested Reading

Using Your Noodle™ A Straightforward Guide to Therapeutic Exercise

By Mark R Payne DC

One hundred plus exercises...Over 300 illustrations. Every spinal area. Every major extremity joint. Every conceivable range of motion. It’s all here in Using Your Noodle™...A Straightforward Guide to Therapeutic Exercise. Photocopy ready format lets you instantly create patient handouts. Plus, we’ve included the entire document on CD in PDF format so you can print patient instruction sheets straight from your computer if desired. Whether your focus is postural rehab, strength training, core strengthening, or improved function, our simple manual guides you to the exercises needed to accomplish your clinical goals. No other exercise device offers the range of resistance, versatility of movement, or simplicity of design of the Noodle™. Coil bound w/ CD. 129 pages.

Only $49.95 Item # UYN

Structural Rehabilitation of the Spine & Posture: A Practical Approach

by Stephan J. Troyanovich DC

Interested in postural correction procedures but don’t care to spend thousands on seminars? Curl up with Dr. Steve Troyanovich’s classic for a few hours. Learn from one of chiropractic’s most published researchers and talented teachers. Nobody in the profession teaches structural chiropractic procedures as well as Dr. Steve. Posture analysis, X ray interpretation, extension traction, postural adjusting and exercise...Dr. Steve covers all the bases for busy practitioners who just want the nuts and bolts of what postural chiropractic is all about. We are very proud to be able to offer this book. Read it this weekend. You’ll be a better doctor on Monday. I guarantee it. Soft Cover, Coil Bound. 140 pages. Over 190 illustrations.

Only $49.95 ea. Item # TROY-1

The Secret to Getting Medical and Chiropractic Referrals:
A Complete Marketing Program for Massage Therapists

By Stephan Troyanovich DC and Roger Coleman DC

Many of you are now incorporating massage therapists into your practice. Here is a great way to help build their referral base within the community. Coleman and Troyanovich have combined their considerable skills to produce a prewritten series of newsletters designed to communicate the documented benefits of massage therapy and enhance your professional referrals. Communicate with other professionals in your community in the language they understand...science. An entire years’ worth of newsletters complete with marketing tips to enhance your professional image. Ring binder format. Includes CD files of each newsletter to make personalization for your practice a snap.

Only $129.00 Item # MAN-1
Information and discussion of posture based chiropractic. Your subscription is **FREE UPON REQUEST** to licensed doctors and chiropractic students. Newsletters are sent to your email box about once monthly. Sometimes more. Occasionally less! And of course you can unsubscribe at any time and we won’t ever sell your email address or “share” your information with another company. You’re my colleagues. I won’t do that to you.

**Got Research?**

Every day thousands of irrelevant articles flood the National Library of Medicine database. You can spend hours every week trying to find research that’s relevant OR our team can do it for you. We find the science that matters, condense it into “plain English” , easily digestible reviews, and deliver them to your mailbox. The cost? Only $6.95 monthly with no long term contracts. Cancel any time. **Try Us FREE for a Month.** You’ll be a better doctor.