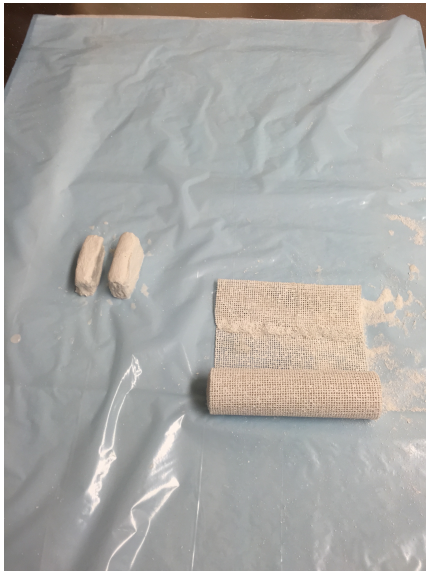




MATERIALS

- Building block/tray
- 100ml fluid
- Plaster of paris
- Cotton wool padding
- Elastoplast
- Crepe bandage rolls x 2



SPINOUS PROCESSES

- Plaster of paris
- Fold into segments approx 1 inch wide
- Wet , roll and shape as indicated in picture



INTERSPINOUS LIGAMENTS

1. Fold tape to length to fit between 'spinal processes'
2. Best effect if squeeze tape to pack it more thickly



- Place each set of folded tape between 'spinous processes'



- Tie elastoplast around to hold 'spinous processes' and 'ligaments' together

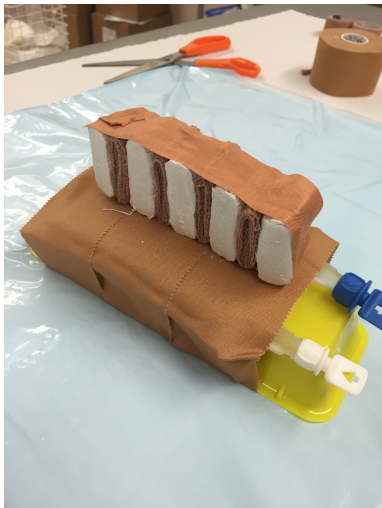


MAKING THE BASE

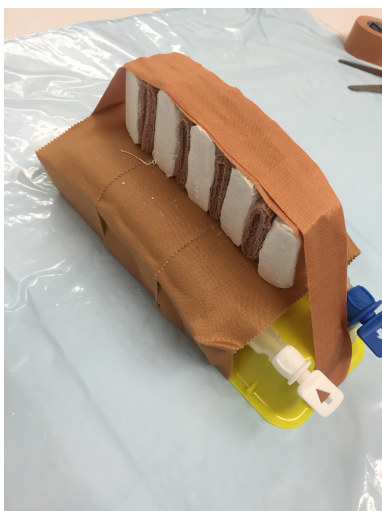
- Take your tray
- Place the fluid bag on top
- Tape bag to tray with elastoplast
- Single layer only with aim to feel similar to Ligamentum Flavum



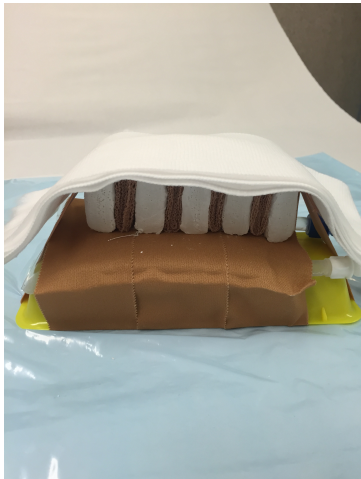
- Cover whole bag
- Helps to slow the leak and allow multiple puncture attempts during teaching session



- Place 'spinous processes' onto the base



- Elastoplast tape to secure



- Place layered cotton wool over top to create feel of soft tissue



- Place a roll of crepe bandage either side of the 'spinous processes' to create feel of paraspinal muscles



- Cover with elastoplast to simulate skin



FINISHED PRODUCT

- Single teaching session use as fluid bag has slow leak but multiple punctures permitted before fluid leaks too much