

ARTHRITIS: KEEP IT AT BAY!

Resident Talk for Senior Living Homes

Use this guide, handout worksheets, and Dr. Jeff's talk example in preparing to give your own resident wellness talk. While this talk should be educational, it should also be fun and engaging for the residents! Bring along some snacks and beverages along with some spines and poster of the Autonomic Nervous System. Bringing visuals and using verbiage that is easily understood will help attendees understand the importance of what you're speaking on and show them the value of what your services can offer them.

- 1: Introduce yourself, team, and who you are and where you're located
- 2: Define arthritis
- 3: Discuss forms of arthritis
- 4: Osteoarthritis = Rust
- 5: DJD = Degenerative Joint Disease = Osteoarthritis
 - Spinal function and protection
 - 53 Joints in the spine
- 6: Explanation of Autonomic Nervous System
 - The basics (brain sends messages down spinal chord through spinal nerves to every organ. Pinch = less organ function & calcium depletion)
 - Pass around spines so residents can visually learn
- 7: Deadly Falls
 - The explanation of why (calcium is taken from pelvis first so over years makes the hip weaker and more susceptible to break)
- 8: How do we combat this?
 - Vertebral Subluxation definition
 - Correction of subluxation
 - Intersegmental Traction

> Comfortable & effective
- 9: Our gift to you
 - Health pass and sign up for a consult time
 - Importance of getting x-rays
- 10: Answer any questions the group has