

Product description of the Self-Help / Self-Therapy Tool Spynamics Sacro Aligner™

The **Spynamics Sacro Aligner™** is a patented device for Self Help – Self Therapy and a therapy aid for people with back pain and related problems developed by Thomas Zudrell MD(AM), DMS. Co-developed and researched and tested by Dr Wayne Sibson B.Sc.(Clin.Sc.) MH.Sc. (Osteo), Australia.

The **Spynamics Sacro Aligner™** helps to re-align the ISJ (Ilio-Sacral-Joint) and the joints (facet) of the lower lumbar spine towards the natural position and to relax the deep buttocks muscles, the muscles of the pelvic girdle and the lumbar spine which decreases the pressure onto the complex nervous system in this area and possibly can ease the pain associated with it.

The **Spynamics Sacro Aligner™** allows an effective Self-Help – Self Therapy with only about 10 minutes regular and daily use and achieves normally an improvement of the pain situation after just 3 days.

Mode of operation of the Spynamics Sacro Aligner™

The **Spynamics Sacro Aligner™** is used while resting onto it laying on the floor (use yoga mat etc.) with the tool placed correctly under the sacrum and lower lumbar spine (see instruction brochure). Stay for up to 10 minutes (maybe less in the beginning) and start the procedure with simple movements that help to re-align the joints determined by the unique shape of the **Spynamics Sacro Aligner™**. The part fixation of the sacrum in relation to the Ilium can lead to a fast resolving of a joint-blockage with a double effect: A mobilization of a hypo mobile (blocked) ISJ and a stabilization of a hyper mobile (loose) ISJ.

The position of the body on the **Spynamics Sacro Aligner™** allows the deep muscles of the pelvic girdle to relax due to the gentle pressure forces of the own body weight (gravity) and therefore regulates the natural nerve flow of the sciatic nerve and the associated blockages of the functional units of joints / muscles / ligaments / nerves that improves the disturbed nerve information exchange between the control organ brain and the corresponding body areas.

Based on the knowledge of TCM (Traditional Chinese Medicine) important acupressure points (meridian points) are treated alongside e.g. B 24, 25, 31, 32, 33, 34 54

In combination with recommended therapies like Physical Therapy (PT), Osteopathy, Massage etc. (recommended is also the Dorn Method since the development of the **Spynamics Sacro Aligner™** is partly based on its principles), and Self-Help Exercises the **Spynamics Sacro Aligner™** can often fast lead to an improvement of pain issues and many other problems that are connected to the energetical blockages of the structural system.

The Spynamics Sacro Aligner™ has also other possible uses:

The **Spynamics Sacro Aligner™** can also be used to treat headaches (migraines) and tension in the head/neck area. In these cases the **Spynamics Sacro Aligner™** is placed under the head (occiput) (see instruction brochure) and provides suboccipital inhibition which produces a relaxation in the deep suboccipital muscles that are often the culprits in many cases of headaches / migraine. The patient also treats important acupressure points (TCM) like Meridian points B 9 and B 10.

At a slightly higher point on the back of the head (behind the middle of the ears) the **Spynamics Sacro Aligner™** achieves a so called 'Still Point' which has according to Cranio Sacral Therapy important therapeutic effects. A Still Point is indicated when the cerebrospinal fluid gently and naturally comes to a rest in what can best be described as an extended pause. The delicate interruption of fluid flow causes a momentary buildup of fluid in the system. When the tissues are subsequently released and the fluid begins to flow again, it gently "flushes" the system, causing the membranes to stretch a bit and release tissue restrictions or adhesions. (By John Upledger, DO, OMM)

Spynamics Sacro Aligner™ can further be used to gently stretch and re-align the upper lumbar and the thoracic spine. The acupressure effect (like a strong Shiatsu massage) from the body's own weight works along the Bladder meridian with a specific stretching and mobilization of the Facet joints via the Transverse processes of the spine. This mechanism can have very positive effects onto the nervous system of the indicated areas

The **Synamics Sacro Aligner™** promotes a relaxation of the complete deep muscular system of the spine especially M.multifidus und Mm.rotatores.
The regular use of the **Synamics Sacro Aligner™** can achieve a long term relaxation along the whole spinal column.

The **Synamics Sacro Aligner™** can be used in lying position as well as in a standing position by leaning against a wall or doorframe. (see instructions brochure)

The **Synamics Sacro Aligner™** may further be used while sitting to assist a proper and upright sitting posture and help to re-structure the pelvic girdle. It can be used on almost any chair (e.g. dining chair, office chair, car) or as sitting aid during a meditation on the floor (as alternative to the often difficult Lotus sitting position (Yoga)).

In sitting position the pubic bone area is gently resting against the Head part of the **Synamics Sacro Aligner™** and the Humps of the tool are supporting the sacrum and the connected ligaments. This prevents the rotation of the pelvis, promotes an upright sitting position with muscular training and contributes to a decrease in pain.

Tests:

The **Synamics Sacro Aligner™** was tested in Germany and Australia on volunteering patients. The test-patients used the **Synamics Sacro Aligner™** according to the instructions two times a day for approximately 10 minutes in lying position. About 80% of the test-patients showed a reduction of their pain-feelings to around 50% after 3 days independent to the condition of the patient.

(This result is based on anecdotal evidence and not on an independent and controlled research study)

Conducted by: Thomas Zudrell MD(AM), DMS in Germany

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Restrictions:

There can be no liability of Thomas Zudrell and Wayne Sibson due to incorrect use of the **Synamics Sacro Aligner™**.

The **Synamics Sacro Aligner™** is not a medical tool or substitute for professional medical advice. It is advised to consult your doctor before using this device. The use of this device is at the owners risk.

Caution: Do not use this tool in cases of recent accidents, severe osteoporosis, high fever, acute stroke, acute heart trouble cerebral hemorrhage, cerebral aneurysm, brain and spine tumors. If you suffer from any other serious health condition check with your physician first before using this tool!

Beside the above there are no known contra indications for the **Synamics Sacro Aligner™** but individual reactions may occur and are in the full self-responsibility of the user.

Caution: During the first few days using this tool the body may show some adjustment reactions which can occasionally be a little unpleasant. This is usually a healing reaction and should be gone latest after one week.

If you are not sure about these reactions please consult your doctor first before you continue the exercises!