

A Simple Tool to Teach a Profound Truth

We encourage rear facing until two years of age. The AAP has made a policy statement regarding this. We teach that there are limits to how much stretch the infant spinal cord will allow.

We know the connective tissue in an infants neck will stretch. 3", 4" even up to 6". Muscles, tendons and ligaments are designed to stretch. This simple teaching tool focuses on the spinal cord and the vertebrae.

An infant's vertebrae can stretch about 2" and the spinal cord can stretch .25" or 1/4 inch before rupture.

That the spinal cord can stretch 1/4" before it ruptures can be a difficult concept to teach a parent. How much is 1/4" and what is "rupture"?

1/4" = the width of a pony bead (the 1/4" size.)
Rupture = bruise, tear, or transection. Unfortunately we don't know which until after the event.



Actual size

The 2" stretch of the vertebrae is shown by the 8 pony beads.



Enlarged
for detail