

Welcome to Clay Anatomy Class!

Basic Uterus Models Set, 2nd Edition

With your instructor,
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Packet contents:

1. Hints on womb making
2. How to condition your FIMO SOFT clay -
you will need to do this to all clay before you start sculpting!
Begin each model you do by following this page of instructions first.
3. How to make a uterus model
(with anatomy drawings)
4. How to bake your models
5. Safety info on polymer clay
6. How to use your models in your practice

*Cath.
You provide
this too →*

Your kit contains: 6 blocks of fimo soft polymer clay, wax paper, clay sculpting tool, baking batting, instructions.

*** You will need to provide:** scotch tape, home oven (not toaster oven), portable oven thermometer, glass baking dish, and 2 hours of creative play time. If you are sensitive to the clay, you may wish to wear tight fitting latex gloves while sculpting.

Hints on making your womb models:

Start with the light colored clay first (small uterus model), and use a separate sheet of wax paper for each model. Tape all edges of the wax paper down or it might tear. Make sure your crafting surface is smooth under the wax paper or you'll get texture added to your clay.

Once you start...don't stop!

You will want to set aside 2 – 2.5 hours from start to finish, and choose a time when you are undisturbed and undistracted. Once you start making the models, you cannot stop or else you will have to start over the one you are working on.

The only exception to this is that if at any point your hands get too warm, or the room temp is too warm, you'll find the clay becomes sticky and hard to work with easily. Rest the model on its side and come back to it in a few minutes. Wash your hands, dry thoroughly, and allow them to cool off before resuming.

Clay behavior:

If your clay is very hard and crumbles, it means that it needs extra kneading and conditioning. Guide it through the different shapes to get the clay softening up so that it can do what you need. After several rounds of conditioning it should behave as soft clay should.

To get a finished look:

Stroke the womb lightly with your fingertips over the surface of the organ as a last step before placing it in the baking tray. It should start to create a gentle soft sheen if done properly.

And finally:

Womb models are like wombs. they will pick up the frequencies they are exposed to, and hold on to them until otherwise released. As you sculpt and mold your clay, I encourage you to think loving thoughts for a healthy, happy beautiful womb and body, full of self love, dignity, appreciation and bliss. What you are focusing on during their creation can become a part of them.



How to Condition your Polymer Clay . . .

0. Place wax paper & tape all edges down.

1. unwrap clay blocks



2. separate blocks in half. Take one piece.



3. Roll it out into a snake shape.



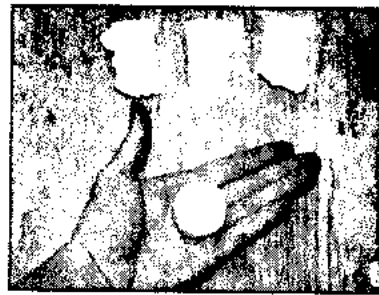
4. fold the snake in half and twist it. This will make a 'rope' shape.



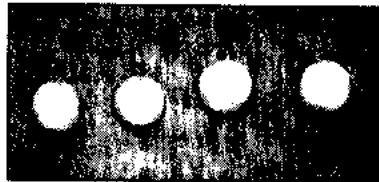
5. take the rope, fold it in half, and twist it a second time.



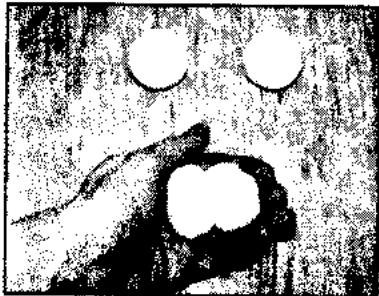
6. Compress the twisted rope into a ball form.



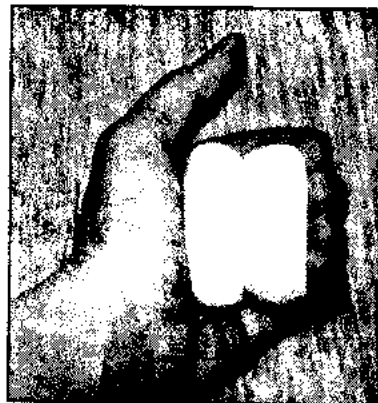
7. work the ball into a smoothly formed globe. Then, set it aside.



8. repeat this process for all of the clay pieces.



9. begin to combine the globes together, two at a time, by repeating steps 3 - 7 with each pair.

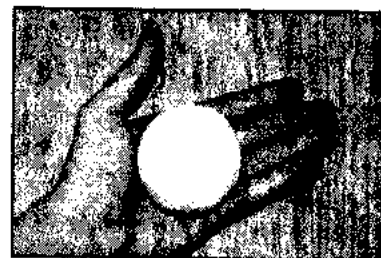


10. at some point, all you'll be left with are two larger globes.

Smash these two globes together. Repeat steps 3 - 7 to produce one *final* clay globe.

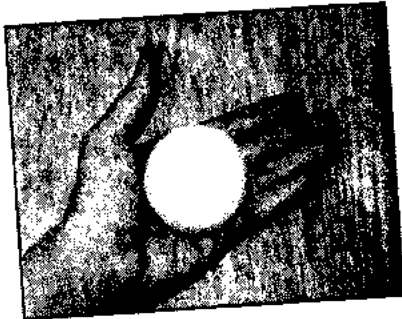
No matter how many clay bricks you begin with, you reduce them in this way down to one globe.

This final globe is your starting point for each piece of anatomy you'll make.



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How to Make a Uterus Model:



1. begin with your conditioned clay globe. (A small uterus will use two 2 oz. blocks of clay; the large uses 4.)



2. slowly roll the ball against the table surface, applying even pressure to only the lower half so that you create a hot air balloon shape. Avoid making it pointy.

Do you recognize this balloon shape from your anatomy book illustrations of the uterus?



3. cradle the clay in the palm of one hand, and use the thenar eminence of the opposite hand to bend into a half moon shape.



4. round off the top to make a smooth globe-like curve: this is the fundus. You now have a uterus shaped as though suspended by ligaments.



5. Gently press around the bottom of the uterus to round out the tip. This makes the cervix.



6. use your clay tool and press once into the center of the cervix. This is the Os.



7. examine and balance the shape evenly all around, smoothing out surface lumps and uneven angles.

underside - 4 oz.



back - 4 oz.



8. Check your uterus model anatomical accuracy:

Balanced shape: When done sculpting, lay

side view - 8 oz.



ished uterus on it's back clay will flatten where it es the table. If you balac the shape evenly, the fla will be centered. Use yc clay tool to write the = c and your initials on flat

Sizing:

Research indicates on age that a virgin non-mensing uterus is 3 inches long, and at the fundus is 2 to 2.5 wide and 1 to 1.5 inches thick. Your mens uterus will be enlarged and rounder, but same basic proportions.

How to Bake your Polymer Clay Models

(for FIMO SOFT polymer clay only)

1) PREPARE OVEN - Remove everything from your oven, except for the temperature gauge on the inside. Preheat oven to 230 degrees F. This should be consistent with the majority of the temperatures indicated on your clay packaging.

Important! Use a portable oven thermometer to read temperature - place it near the center of the inside of your oven, on the middle rack, and use this to reference your baking temperature. Don't use the temperature dial or gauge your oven came with on the stovetop (as ovens are usually calibrated inaccurately, and overheating the clay causes toxic fumes). When you go to bake the models, put the dish near the thermometer.

2) PREPARE BAKING SURFACE - While oven is heating, find an ovenproof dish or a metal pan that won't be used for food again. If you are using metal, you should have some cooking parchment or a piece of regular paper on its surface. I recommend baking your prostate model on a flat surface. For the uterus models, use the polyester batting that came in your kit to make a little 'nest' that is at least 1.5 inches thick. Some of the fibers will attach to the model in the baking process, and you can remove them once the model is baked and cool.



3) PLACE MODELS ON BAKING SURFACE - Place models on their side to bake. Make sure models do not touch each other and are securely resting in a spot on the batting.

4) PLACE MODELS IN OVEN - When you have reached the correct temperature inside the oven (according to the portable thermometer), place the baking dish inside the oven on a rack away from the source of direct heat. Close door quickly and set the timer for 30 minutes. If you have an oven light, turn it on, and monitor the temperature this way. Don't walk away from the oven, as you'll want to check it every 10 minutes or so to make sure it's in the proper range of temps.

5) For safety reasons please **DO NOT** exceed your recommended temperature or the 30 minute baking time by a few degrees or minutes! Otherwise you will risk burning your clay - which makes toxic fumes! At the end of your baking time, turn off the oven, crack it open for a minute, close it, and let the models cool down inside of it. Do not handle the models until completely cooled, which is usually several hours later. Open a window in the kitchen to air out any oven fumes.

6) *Optional step:* You may wipe down the inside of the oven with a citrus based cleaner. This should remove any plastic residue from the oven made during the baking process.

Last but not least, if you make the mistake of burning your models by accident, well hey, they can show the diseases of the uterine organ! I have done it, and it's still useful.

A note on safety: The FIMO SOFT polymer clay we are using has been evaluated and found to contain no materials in sufficient quantities to be toxic or injurious to humans or cause acute or chronic health problems, as indicated by the seal of approval by the international art materials safety organization, *The Art and Creative Materials Institute, Inc.*

Now, this safety statement is true, as long as you don't burn the clay that you are baking, do not eat it, and do not bake it in a dish that you will use for food!

The following things should not happen if you followed instructions. But just in case you need it, here is more safety info:

IF YOU GET TOXIC FUMES: turn off oven, open windows and leave premises until fumes have cleared (this includes your pet in the kitchen as well). Do not breathe fumes. When fumes are gone, and the oven is cooled, you'll need to clean out the oven with a citrus based cleanser. You'll also need to throw away your burnt models.

IN THE EVENT OF A FIRE: put out the fire with a fire extinguisher or by dumping baking soda on it. Turn off oven, open windows and leave the premises until fumes have cleared. Don't breathe fumes. Throw away your models.

Uterine Shapes and Anatomical Illustrations

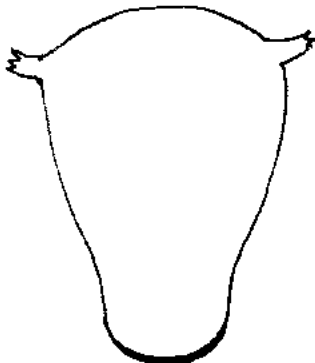
Use these shapes as references when sculpting...they can help you to keep your models anatomically correct.

Try looking at your model like these views to see if the shapes match.

Just do your best, have fun, and remember, every person is unique!
(and so are their organs!)

Views of the Uterus (minus fallopian tubes):

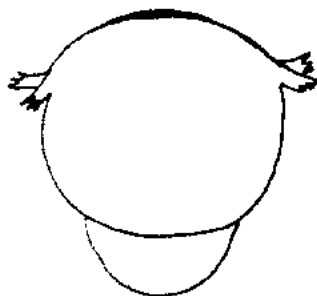
anterior view



side view



superior view



How to use your models in your work:

I use the uterus models to give a client an accurate visual and tangible experience of the organ to explain symptoms, uterine compression concepts, motivate doing self care activities, and begin contact with her 'second heart'. Some of these ideas are presented below.

Uterus models (as an accurate visual, kinesthetic and conceptual aid):

Size difference during menses and the rest of the month. If you followed instructions, your small uterus should be anatomically accurate, and your large uterus will be approximate (as there is little current research on exact menstruating sizes). The sizes illustrate the point that the uterus doubles herself every month.

Weight changes during the month. These model weights are in the anatomically accurate range of weights for a cycling uterus based on current medical research. To demonstrate to your client, first have her hold the small uterus in her hand and get a sense for how heavy it is. Then, introduce the large uterus to have her feel the difference. You might also briefly rest the large uterus on her abdomen so that she can sense the weight in a different way.

Healthy uterine position: Using your pointer finger held horizontal as the 'pubic bone', you can place the small uterus behind it with the fundus showing a little bit above it to demonstrate the upright, centered position of healthy uterine alignment.

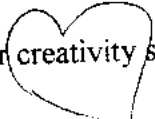
Uterine malposition: using your pointer finger as the pubic bone again, this time tilt your small uterus left, right, backwards, forwards, upside down (to show anterior cervix/severe retroversion), as well as vertically dropped below the pubic bone (prolapse into vagina).

Bladder compression: designate the large uterus as the 'uterus', and the small uterus as the 'bladder', you can show the little, but healthy distance these two organs should have between them. Then, move the 'uterus' down onto the 'bladder' so that they physically touch.

****What other symptoms of malposition could you explain using these models?***

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Thank you for being in class today! I hope you enjoyed your learning.
For any questions or comments about your models please feel free to contact me via email at info@wombsforwisdom.com. Also, the official website for these and other models and classes can be found at www.wombsforwisdom.com

May your  creativity soar! Megan