



What do TheraTogs do, exactly?

A properly fitted TheraTogs™ system gives the wearer a comfortable, breathable, Latex-free “second skin” on his/her torso and selected limb segments, providing vertical stiffness to reinforce the wearer’s stability, and horizontal stretch for mild compression and a comfortable fit. TheraTogs are designed to be worn as undergarments, with garment components worn next to the skin.

FOR WEARERS WITH NEUROMOTOR, BALANCE, AND POSTURE ISSUES, TheraTogs garments serve as a Velcro®-sensitive field for attaching elastic strapping that assists underlying muscles - in virtually any Configuration - to provide LIVE-IN postural improvement, better balance, or more precise movements.

FOR WEARERS WITH SENSORY PROCESSING ISSUES, TheraTogs garments provide a “wearable hug” of gentle compression across the upper and lower trunk – giving significant and consistent proprioceptive and deep pressure input that calms behaviours, improves focus, and enables increased function.

One of the key benefits of TheraTogs is *carry-over between therapy sessions*. The clinical practitioner can send his or her clients home from a successful therapy session with a TheraTogs system that continues to deliver gains made in postural alignment, muscle function, or sensory processing. A TheraTogs strapping system can replicate almost any successful, gentle, manual correction that the clinician can attain in a wearer’s posture, balance, or limb motion.

Rather than receive only 1 to 3 hours of therapy per week, the typical TheraTogs client receives up to 16 hours of wearable therapy every day.

How do TheraTogs work?

TheraTogs embody several principles inherent in the sciences of kinesiology, biomechanics, skeletal modeling, and motor learning. They work by:

- Increasing sensory input to the skin and underlying muscles and joints to facilitate the functional activation of those muscles.
- Training the wearer to use more efficient and kinesiology appropriate muscle recruitment strategies for balance and function – and solidifying those gains with live-in practice and day-long functional repetitions.
- Applying prolonged, gentle forces with full-time TheraTogs use to change the physiology of muscle and connective tissue – and bone and joint geometry for infants and young children – in favor of more efficient function.



- Applying consistent, gentle compression and proprioceptive input.

Using any combination of tension-generating force vectors and magnitudes, TheraTogs straps shorten and assist weak, underused muscles, reducing postural convexities and realigning functioning limbs and joints.

The complete system is typically introduced in small stages over time, allowing the wearer to adjust to the new demands of each strap, and allowing caretakers to learn to apply the system correctly in stages.

The wearer gains the experience – and the training potential – of prolonged therapeutic “handling” throughout the day, every day, as she or he undertakes routine activities using TheraTogs-induced improvements in posture and joint alignment, and while recruiting muscles at more normal lengths. (This is what we mean when we say you can “send your hands home” with your patients.)

How do I know if TheraTogs can help my client?

TheraTogs are so adaptable – it would be challenging to list all their potential applications and uses, but here are a few guidelines:

If your client presents any of these indications, TheraTogs has been shown to be effective in addressing their related stability, alignment, and movement control issues:

Ataxia	Hypotonia
Postural mal-alignment	Athetosis
Mild weakness	Attention deficit disorders
Intoed gait	Out-toed gait
Flexible joint deviations	Diplegia in childhood
Hemiplegia	Muscle recruitment problems
Sensory processing issues	Pain due to muscle imbalances
Joint laxity	

- In general, if the therapist/practitioner can effect a change in the client's stability, alignment, mobility, sensory processing or motor control through unforced handling during a therapy session, it's likely that this change can be replicated and supported outside the session by a properly configured TheraTogs strapping system.
- If you feel you're “running out of hands” and could use a few more to effectively manage your client's problems related to positioning (in a wheelchair or on other devices), or to improve client handling during therapeutic exercise sessions, you'll generally find them in TheraTogs.
- If you have a client who benefits from deep pressure or proprioceptive input, the TheraTogs TankTop and Hipster (available as the SPD/SI system) can provide this input in a comfortable, non-intrusive way, under the client's clothes.



We recommend that clinicians obtain a Clinical Sizing Kit so that they can explore potential TheraTogs solutions for their clients by trying them on over clothing, and experimenting with donning and strapping applications. *This is also an excellent way to improve compliance at home.*

What kinds of benefits can TheraTogs provide?

The possibilities of using TheraTogs are virtually limitless. Here are a few examples of common applications:

- **Ataxia**
TheraTogs garments — alone or with straps — use vertical compression through the trunk and lateral compression through the hip joints to improve balance and reduce staggering gait by increasing proprioceptive input and reducing load-bearing joint deviations.
- **Sensory Processing Disorder / Autism Spectrum**
TheraTogs garments — alone or with straps — extend consistent external compression through the trunk and hips to provide calming proprioceptive input and/or deep pressure to help the client regain body awareness/control, attention, coordination, breath volume and control, and/or balance.
- **Kyphosis / Lordosis**
Upper Extremity (UE) strapping applications can straighten the upper spine and bring the shoulders back to address flexible kyphosis. This application often requires counter support with crossed straps over the abdominals.

(UE) strapping applications can help the abdominals to flex the lower spine, and to extend the hips to address flexible lumbar lordosis.

- **Shoulder / Upper Extremity Mal-Alignment**
UE strapping applications can realign the shoulder on the trunk, correct rotation of the arm at the shoulder, or supinate a pronated forearm to address upper extremity “posturing.”

TheraTogs can provide functional alignment for clients with scapular, shoulder girdle, and humeral malalignments (e.g. subluxation); for clients with brachial plexus injury and hemiplegia; and for clients with scapula humeral ROM deficits, shoulder pain, and post-fracture or post-surgical weakness or discomfort.

UE strapping applications can address elbow flexion/extension deviations or Forearm pronation/supination deviations. Wrist and thumb systems can realign functional thumb/wrist deviations; reduce MCP joint hyperextensions; reduce wrist instability – all with adjustable dynamic splinting that supports continual movement and strengthening.



- **Gait Deviations**

Lower Extremity (LE) strapping applications can gently rotate the thigh as needed to improve knee joint alignment and function, and to improve the recruitment of muscles that cross the hip joint in swing phase.

LE strapping applications can gently rotate the leg unit as needed to improve foot alignment and function.

LE strapping applications can reduce hip adduction and keep the legs apart to correct scissoring gait.

LE strapping applications can reduce trunk, hip, and knee flexion – while appropriate ankle-foot orthoses (AFO's) resist forward tilt of the legs at the ankles.

- **Foot / Ankle Mal-Alignment and Malfunction**

TheraTogs Dorsiflexion Assist (DFA) systems can provide functional positioning to correct functional ankle equines, plantar fasciitis, drop foot, flexible foot supination or pronation in the swing phase of gait.

How do I know what size to order?

TheraTogs are sized to fit most wearers within a specific weight range (they're also gender-specific in the larger sizes). Unless your wearer is extremely tall or short for his/her weight, you should be able to order a TheraTogs system chosen by weight, and trim it into a comfortable fit.

Kindly see the Sizing chart on www.rehabindianneeds.com or www.theratogs.com.

If you have any clinical question regarding sizing please feel free to contact Dr. Rohan Wale, Certified Theratogs Trainer, Theratogs Instructor For India. Email-rohan@rehabindianneeds.com

How do I learn how to use TheraTogs?

All TheraTogs systems include a comprehensive, illustrated booklet detailing appropriate indications for use and step-by-step donning and fitting instructions.

Are there other courses and resources?

Attend one day CTF Level-1 course and become Certified Theratogs Fitter.

For more information you can visit www.rehabindianneds.com or you can contact at rohan@rehabindianneeds.com.