

TheraTogs Uses for Post-Operative Rehabilitation

- Pre-op conditioning
- Enhance performance during therapeutic exercise
- Post-operative neuromotor re - education (day wear) and positioning (sleep wear).



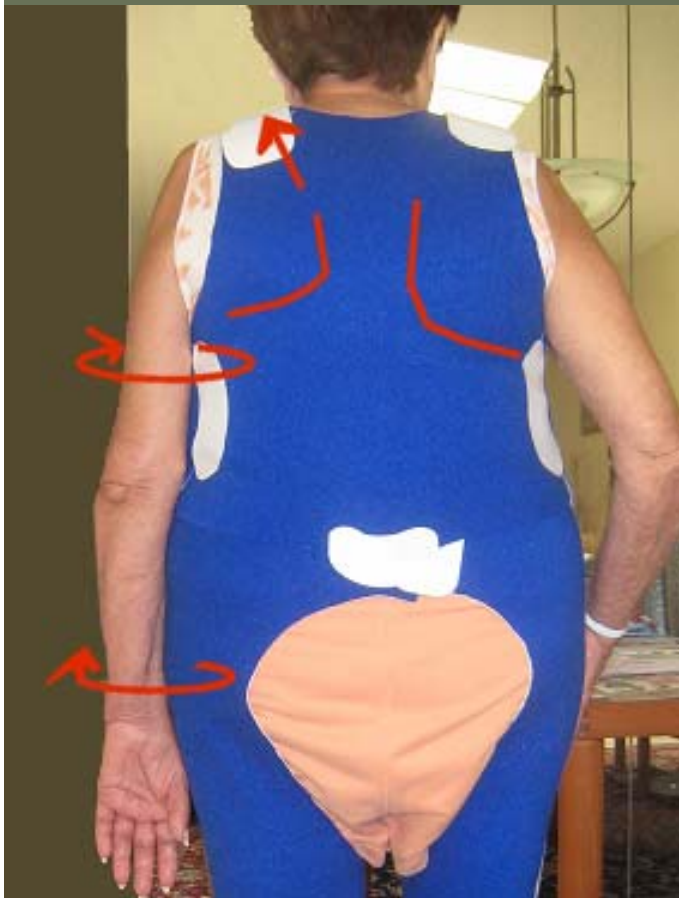
How to Use TheraTogs

If you can improve joint alignment with your hands, *without force*, you can support that change with TheraTogs strapping applications.



Mary's main concern: Left shoulder pain with pronounced weakness.

OBSERVATIONS:



Thoracic kyphosis

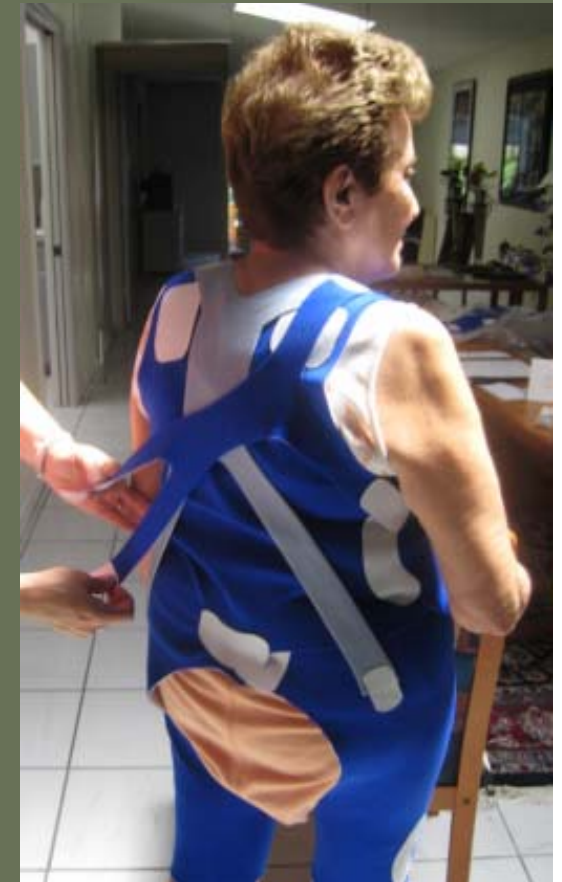
Left scapular elevation,
abduction, downward rotation

Left humeral protraction

Left humeral medial rotation

Left forearm pronation

Alert, shorten, and assist the proximal, *dominated (long)* muscles.



Mary, age 84,
left hemiplegia, 4 months post stroke.



Then address the shoulder...

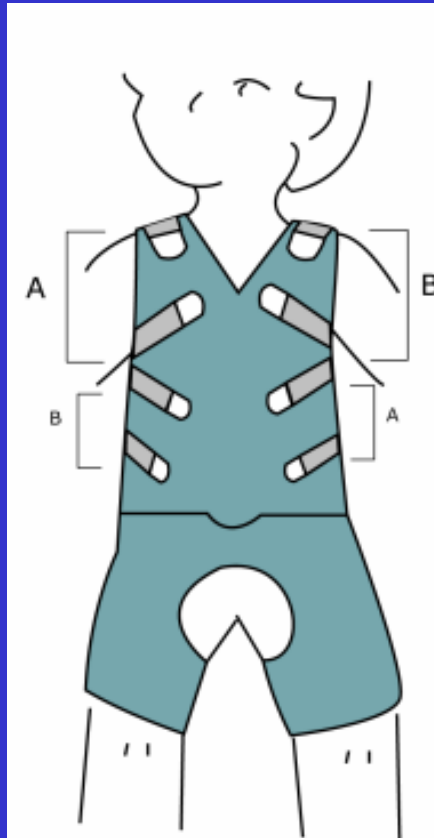




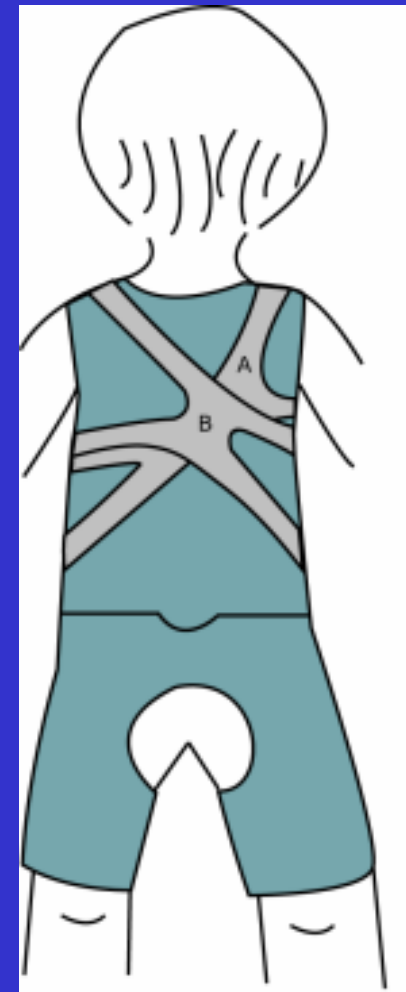
**#4 for subluxation is optional in this case,
but pain was gone!**

1 & 2: Reduce Shoulder Protraction

2 large split straps.



1. Use 2 upper segments to wrap each shoulder girdle from behind.
2. Manually retract the shoulder.
3. Wrap the 2 lower segments around the ribs and attach them to Tank Top.



3. Reduce Shoulder Subluxation



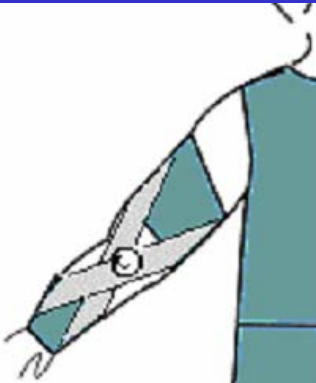
- a) Apply a Limb Cuff above the elbow.
- b) Attach the lower ends of a split strap to the inside limb cuff surface.
- c) Trim excess strap length, lift the arm, and attach the upper strap ends to the Tank Top.

4. Add shoulder lateral rotation.



Resist Excessive Elbow Flexion

1. Select a stiff split strap to span the dorsal surface of the elbow.
2. Attach the ends of the straps to the volar surface of limb cuffs or to the Tank Top.
3. Cut a hole to relieve pressure on the olecranon prominence if needed.





Reduce Flexible Forearm Pronation

1. Gently position the forearm in available supination.
2. Wrap a stretch strap or the Forearm Supination strap from the wrist cuff to the forearm cuff .





Improve Wrist & Thumb Alignment and Stability





Restore Finger ROM



TheraTogs systems apply:



Muscle Balance Theory – Address relative flexibility sites and dominated muscles first; practice excellent, learn excellent

NDT – proximal stability → distal mobility

Motor Learning Theory – lots and lots of purposeful practice!