



Technical Highlight

Q. I am new to the TheraTog system, where do I start with donning the systems?

TheraTogs is an extension of what you already know as a therapist- biomechanics and biomechanical progressions. After working with therapists new to the TheraTogs system, the Posture Trunk and Alignment system (we call it the PTA) is designed to accomplish that goal, help get you started. The PTA is used to address the *fundamental* issues:

Flexible kyphosis / reduced pelvic tilt

Flexible lordosis / excess pelvic tilt

Shoulder protraction & scapular winging and abduction

Assist in reducing anterior body position / bring weight back toward the heels

The three steps for a first time togger is based on three simple donning procedures:

1



2



3



Questions? Please contact

Clinical Support

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