

Strapping Objectives:

- Improve the alignment and control of the torso as a foundation for shoulder and hip motions.
- Reduce excessive spinal kyphosis and lumbar lordosis.
- Provide significant proprioceptive input for sensory issues incident to neuromotor concerns.



Fig 1. Turn this...



Fig 2. Into this!

Strapping Materials Included:

TogRite Strapping

TogRite strapping is supplied in your Stage II package. The strapping comes in short strips or small rolls, in 2" and 3" widths. Extra tabs are included.

Size and cut this strapping to suit your needs.

Note: See the Strap Sizing Chart enclosed with your system for help in determining proper strap length.

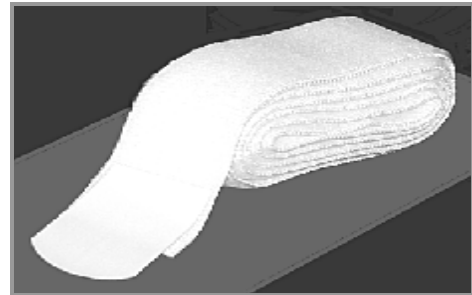


Fig 3. TogRite comes in rolls or short segments

3 Split Straps

Orient the bridge (upright or side-ways); size and trim the strap "arms" (extensions) to fit your application on this client.

Straps are shipped with one tab attached; remaining tabs are supplied in a small package in your system. Split straps are provided in blue (gentle) or gray (strong) foamed fabric.

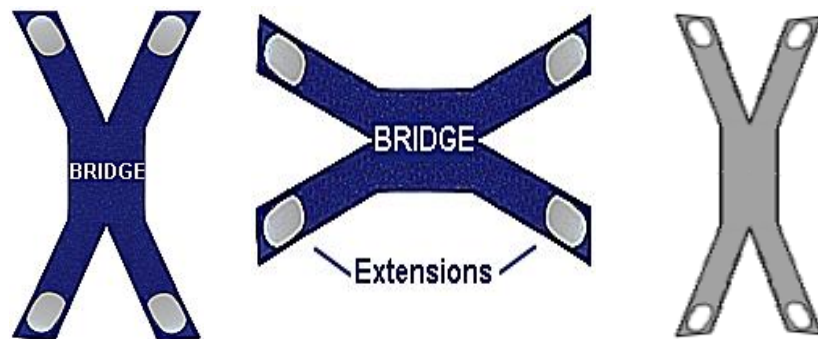


Fig 4. Blue (left, center) or gray (right)

Strapping Tabs

Strapping tabs are now cut from a softer, more pliable Velcro® material. They will curl slightly when not in use, but provide a superior flexible grip when applied to straps and garments.

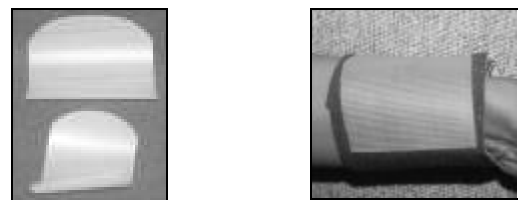


Fig 5. Strapping Tabs - May curl slightly when loose, but will wrap closely when used.

Reduce Flexible Thoracic Kyphosis – Split Strap Strategies

1. Hold the split strap bridge over the apex of the curve. Size and attach the top two extensions to the TankTop.
2. Manually correct the posture and draw the strap ends down toward the pelvis (Figs. 6-7).
 - **Thoracic curve:** Connect lower extensions to the outer rib cage (Fig. 8).



Fig 6. Straps mimic manual correction

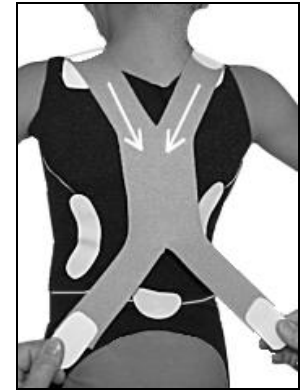


Fig 7. Lower strap placement

- **Thoracolumbar flexion curve:** Attach lower extensions to the outer pelvis on the Hipster (Fig. 9).
- **Flat lumbar spine:** Turn a split strap sideways. Attach top two extensions to outer thorax. With back extended, draw bottom two straps downward, tab to outer pelvis on Hipster (Fig. 10).



Fig 8. Thoracic curve



Fig 9. Thoracolumbar flexion curve

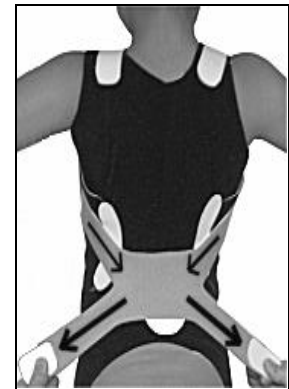


Fig 10. Flat lumbar spine

3. Assess the results, fit, and client comfort.
4. Adjust strap length, attachment sites, and tension for optimum effect.
5. Use Marking Tabs to train caretakers in correct strap placement.

Reduce Flexible Thoracic Kyphosis – TogRite Strapping Strategies

1. Size and cut two TogRite straps to fit your client. (See *TogRite Sizing Chart* if needed.)
2. Tab both ends of the straps.
3. Attach one end to the upper TankTop at the shoulder.
4. Manually correct posture, and draw the strap over the apex of the curve (Fig. 11).



Fig 11. Draw strap down over curve apex



Fig 12. High thoracic strapping



Fig 13. Low thoracic strapping



Fig 14. Full spine strapping, down to the pelvis.

- **High thoracic** strapping ends at outer ribcage, and can also reduce scapular winging (Fig. 12).
- **Low thoracic** strapping ends on Hipster waistband (Fig. 13).
- **Full spine** strapping ends on the Hipster on the outer pelvis (Fig. 14).

5. Assess for fit, snugness, and comfort.
6. Adjust strap length, attachment sites, and tension for optimum effect.
7. Use Marking Tabs to train caretakers on strap placement and tension.

Improve Upper Trunk Extension with Shoulder Retraction

1. Use two Split Straps for this application.
2. Approaching from behind, wrap two ends over and under the shoulder (Fig. 15).
3. Attach them to the TankTop front panel.
4. See that the split strap bridge will lie over the scapula.
5. Manually retract the shoulder while drawing on the strap (Fig. 16), and attach the free ends for desired pull on the scapula.
6. Assess for fit, snugness, and comfort.
7. Adjust strap length, attachment sites, and tension for optimum effect
8. Use Marking Tabs to train caretakers.
9. Repeat the strap application on the other side (Figs. 17-18).

To balance upper trunk extension strapping with abdominal support – see following instructions



Fig 15. Attach strap over and under shoulder



Fig 16. Manually retract shoulder and strap in place



Fig 17. Back view, bilateral application

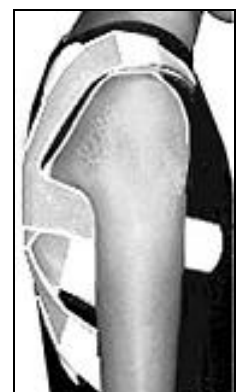


Fig 18. Side view

Shorten and Assist the Abdominal Muscles

Lower (Transverse) Abdominal Strap

1. Tab both ends of a Limb Cuff or a piece of TogRite.
2. Stretch it, and press it to the lower abdomen (Figs 19-20).
3. Assess for fit, snugness, and comfort.
4. Adjust strap length, attachment sites, and tension for optimum effect.
5. Use Marking Tabs to train caretakers.

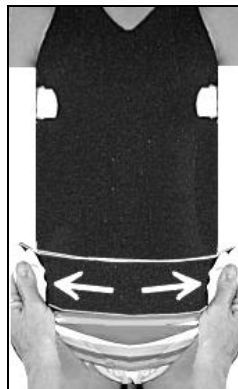


Fig 19. Stretch a Limb Cuff into place for abdominals



Fig 20. Use a segment of TogRite for abdominals

Split Strap (Oblique) Application

1. Tab the ends and turn the strap sideways. Attach the lower two extensions to the outer pelvis.
2. Draw the top two ends upward.
3. Attach them to the outer ribs on the TankTop (Figs. 21-22).
4. Adjust strap choice (blue or gray), lengths, tension, and attachment sites for optimum effect.
5. Assess for fit, snugness, and comfort.
6. Adjust strap length, attachment sites, and tension for optimum effect.
7. Use Marking Tabs to train caretakers.



Fig 21. Apply a split strap sideways



Fig 22. Oblique split strap made from blue fabric

Stretch Strap Application

1. Measure the span from the outer, upper pelvis to the opposite ribcage.
2. Cut two TogRite straps at the measured length. (Hint: Use the Moderate Tension column on the *TogRite Sizing Chart* to cut strapping at the proper length.)
3. Apply one end of one strap to the Hipster on the outer, upper pelvis. Pull upward toward the opposite ribs and attach (Fig. 23).
4. Repeat with the second strap. Assess and adjust lengths, tension, and attachments for best effect.
5. Mark attachment sites for caretaker training.



Fig 23. TogRite applied as abdominal obliques.

Sizing TogRite Stretch Strapping



We've tested TogRite strapping extensibility to give you some help in cutting the lengths you need for your client:

1. Measure the body segment or span of distance that you intend to strap, to determine your target functional length.
2. Determine whether you want to use 2" or 3" TogRite strapping.
3. Decide whether you want to apply the strap under *moderate* or *maximum* tension.
4. Consult the row of the sizing chart below that corresponds to the functional length measurement.
5. Cut your strap to the length indicated, and apply tabs of the same width as the strap.

U.S. Measurements	Cut your TogRite Strapping to these lengths for use at your chosen tension. (Tabs will add 2 inches more length to the functional length.)			
	2" WIDE		3" WIDE	
FOR A FUNCTIONAL LENGTH OF...	FOR MODERATE TENSION, CUT STRAP TO...	FOR MAXIMUM TENSION, CUT STRAP TO...	FOR MODERATE TENSION, CUT STRAP TO...	FOR MAXIMUM TENSION, CUT STRAP TO...
8"	7"	7"		
10"	8.5"	8"		
12"	10"	9"		
15"	12"	11"	12"	10"
18"	15"	12"	14"	12"
20"	17"	14"	16"	13"
24"	19"	16"	18.5"	16"
30"	25"	20"	24"	19"
36"	30"	24"	30"	23"
40"	32"	27"	32"	26"
45"	36"	28"	34"	30"
50"		33"	36"	32.5"
54"		36"		34"

Metric Measurements	Cut your TogRite Strapping to these lengths for use at your chosen tension. (Tabs will add 5 cm more length to the functional length.)			
	5 CM (2") WIDE		7.6 CM (3") WIDE	
FOR A FUNCTIONAL LENGTH OF...	FOR MODERATE TENSION, CUT STRAP TO...	FOR MAXIMUM TENSION, CUT STRAP TO...	FOR MODERATE TENSION, CUT STRAP TO...	FOR MAXIMUM TENSION, CUT STRAP TO...
20.3 cm	18 cm	18 cm		
25.4 cm	21.6 cm	20.3 cm		
30.5 cm	25.4 cm	23 cm		
38 cm	30.5 cm	28 cm	30.5 cm	25.4 cm
45.7 cm	38 cm	30.5 cm	35.6 cm	30.5 cm
51 cm	44 cm	35.6 cm	40.6 cm	33 cm
61 cm	48.3 cm	40.6 cm	47 cm	40.6 cm
76 cm	63.5 cm	51 cm	61 cm	48.3 cm
91.4 cm	76 cm	61 cm	76 cm	58.4 cm
101.6 cm	81.3 cm	68.6 cm	81.3 cm	66 cm
114.3 cm	91.4 cm	71 cm	86.4 cm	76 cm
127 cm		84 cm	91.4 cm	83 cm
137 cm		91.4 cm		86.4 cm