
TheraTogs™ Product Care Instructions

THERATOGS ARE MADE FROM UNIQUE, LATEX-FREE AND RUBBER-FREE MATERIALS THAT USE WATER-BASED URETHANES TO PROVIDE STRETCH AND COMFORT. TO MAINTAIN THE INTEGRITY OF THE FABRIC, **THERATOGS GARMENTS REQUIRE REGULAR RINSING AND PERIODIC WASHING.** REGULAR EXPOSURE TO WATER IS REQUIRED TO "REPLENISH" THE MATERIALS TO THEIR ORIGINAL CONDITION.

SUGGESTIONS WHEN WEARING THERATOGS:

THE FOAM SIDE OF THERATOGS GARMENTS WILL ABSORB LIQUIDS AND LOTIONS THAT MAY BE ON THE SKIN.

- Please do not use any lotions that contain fragrance or oils.
- Saliva is salty and acidic; if the wearer salivates excessively, wash the affected garment(s) or components more frequently.
- Perspiration is salty and acidic; if the wearer sweats excessively, or is wearing TheraTogs in a very warm environment, reduce the amount of wear time, and wash the affected garment(s) or components more frequently.

IF YOU FIND THE GARMENTS "STRETCHING OUT" AND NOT RECOVERING TO NORMAL SIZE, IT IS TYPICALLY THE RESULT OF TOO INFREQUENT RINSING AND/OR WASHING.

Garment Component Care Instructions

1. Remove all removable straps and Velcro fastener tabs.
2. Remove any marker dots from the garments; mark the dot locations with permanent marker or photograph for help in repeat placement of straps.
3. Rinse garments with warm water after each use. Gently blot out excess water with a towel.
4. When needed, hand wash garments with a **mild, fragrance free detergent**. Please use 1 tsp of detergent per gallon of water. Rinse thoroughly, for at least 10 minutes, after washing. **Rinsing is the most important step:** detergent left in the fabric can cause skin irritation and can decompose the foam.
5. Please do not use fabric softeners or water softeners – most softeners contain chemicals that will destabilize the foam layer.
6. Air dry only. (Lay flat or hang dry.)
7. **DO NOT MACHINE WASH OR DRY! THIS MAY DAMAGE YOUR PRODUCT.**

Strapping Care Instructions

Your TheraTogs system comes with one or more types of strapping:

- § MediWrap – white straps with solid foam backing.
- § NuStim – blue straps with solid foam backing.
- § ProWrap – grey straps with solid foam backing.
- § TogRite – which straps with soft silicone backing in a honeycomb pattern.

Cleaning MediWrap, NuStim, and ProWrap Strapping

1. Leave the tabs attached to the ends of the straps
2. Remove any marker dots from the garments; mark the dot locations with permanent marker or photograph for help in repeat placement of straps.

3. Rinse straps regularly – at least once a week -- to help them recover their shape and resiliency.
4. When needed, hand wash straps with a **mild, fragrance free detergent**. Please use 1 tsp of detergent per gallon of water. Rinse thoroughly, for at least 10 minutes, after washing. **Rinsing is the most important step:** detergent left in the fabric can cause skin irritation and can decompose the foam.

Cleaning TogRite Strapping

TheraTogs is gradually transitioning many of the individually cut, foamed backed straps to a new technology using a nylon/spandex product with inert silicone backing.

1. Remove tabs attached to the ends of the cut straps.
2. Machine-wash straps in cold water.
3. Air Dry Only (Lay Flat or hang to dry).

Extending the life of your straps:

- ❑ If you find the straps stretching out too much, it may be the result of too infrequent rinsing and/or washing.
- ❑ The white strapping fabric is *woven* to provide added strength; when the straps are cut to size there may be some loose threads left along the edges. Be sure to **cut these loose threads with scissors** – DON'T PULL THEM, as you may unravel more of the strap material.
- ❑ The Velcro® hook that we use for the tabs is industrial-strength "hyperhook"; over time, with repeated tab application and removal, this hook can fray the surface of the straps. If the tabs start slipping or losing grip because of a build up of "fuzz" on the straps, trim or shave the "fuzz" with scissors. We also include extra tabs with every product, in case your tabs become clogged with fuzz.
- ❑ Please do not use fabric softeners or water softeners – most softeners contain chemicals that will destabilize the foam layer or the silicone grip surface.

TheraTogs™ Warranty & Guarantee

TheraTogs are a treatment modality designed for use by clients under the care of physical and occupational therapists and other qualified health practitioners. TheraTogs are intended for individual use as an Orthotic undergarment for patients who respond to unforced, guiding manual facilitation of postural alignment and functional skills. Their effectiveness is dependent on a wide range of factors outside of the control of TheraTogs, Inc. Results are not guaranteed.

TheraTogs are warranted to arrive complete and free of defects in manufacturing, assembly, or materials. We guarantee that TheraTogs components will keep their shape and documented function for a minimum of six months from first date of use. If any part or component fails these standards, we will replace it free of charge.

Unopened packages of TheraTogs may be returned for a refund within 30 days of receipt, and are subject to a restocking fee. Opened packages of TheraTogs are not returnable or refundable. For warranty or product return concerns, please contact your place of purchase. If you ordered from Progressive GaitWays or TheraTogs, Inc., you will find our Customer Service contact information below.

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