

TheraTogs Application Study

Scapular & Humeral Stabilization

Diagnosis: Right Obstetric Brachial Plexus Injury, S/P Primary nerve grafting 03/99; Mod quad 07/2000; 13 months S/P Triangle tilt

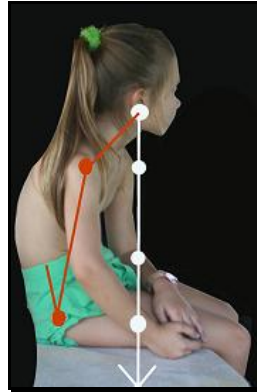
This child was born full term with her right shoulder "stuck". Erb's Palsy and fracture of both collarbones occurred during a traumatic birth.

Sitting Posture:

Sagittal-plane alignment: à

The white line shows ideal load-bearing joint distribution. The orange line shows:

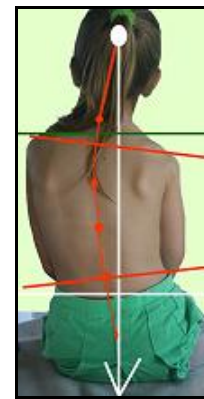
- § Posterior pelvic tilt
- § Profound, flexible thoracolumbar kyphosis
- § Shoulder protraction
- § Forward head



Frontal plane alignment: à

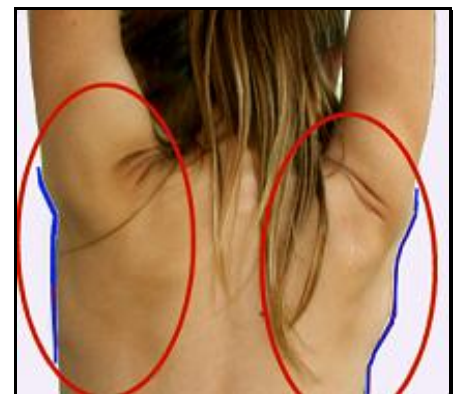
Orange lines show:

- § Head tilt to right
- § Flexible leftward thoracolumbar curve
- § Right shoulder and arm depression



Sites Of Relative Flexibility

Shortened scapulohumeral muscles and soft tissues and weak Supraspinatus and scapular stabilization muscles à profound scapular abduction with upward rotation and humeral head subluxation.



Daytime Garment Strap System for Scapular and Humeral Stabilization

Daytime Strapping Goals - sagittal plane low back and pelvis, and right shoulder joint alignment and stabilization:

1. Reduce right shoulder protraction
2. Reduce right shoulder subluxation
3. Stabilize the right scapula against sliding outward, elevating, and winging → improve the scapular position as a base for shoulder and arm function.

REMINDER: For every strap application, **make the correction first with your hands, and then replace your hands with the strap under tension. Application techniques are demonstrated on the Donning and Strapping DVD that came with your system.**



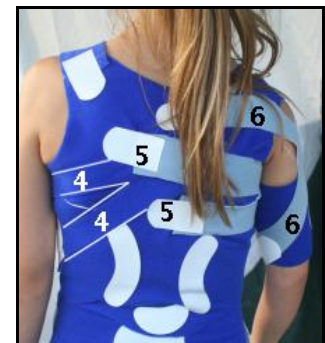
Apply garments – pelvic anchor first – to achieve a skin-like fit. Trim off unnecessary fabric. Detach the back centering tab.

Straps #1 and 2: Abdominal support for lumbar spine and lumbosacral joint. Strap # 3 (not shown) crosses the lower abdominal area at or near the bottom of these 2 straps.

Split Strap #4 (yours is blue) and V-strap #5: Right scapular stabilization with right shoulder retraction.



Shoulder subluxation system is detailed below:



Beverly Cusick

Beverly Cusick, PT, MS, COF/BOC