

# TheraTogs™ “SummerTog” Tank Top

## Do-It-Yourself Alteration Instructions and Suggestions For Cooling Down in the Summer Heat

### Required Supplies:

A piece of chalk or washable marker, and a pair of good fabric shears.

### Procedure:

1. Don the TheraTogs garments, Hipster, Tank Top, and hip-related strapping as usual.
2. Consider the suggested alterations shown in the illustrations.
3. Use the marker to draw new trim lines where you are certain you do not need the fabric for support or for straps.
4. You can cut or punch holes in the fabric to add ventilation. Keep them generally less than 1/2" (1 cm) in diameter. (Figs. 1-3)
5. You may cut a larger hole in the fabric that covers the lower sternum.

**Option 2.** Trim the TankTop edges to provide more ‘breathing room’ and eliminate garment coverage that isn’t essential to your TheraTogs application. (Fig. 4)

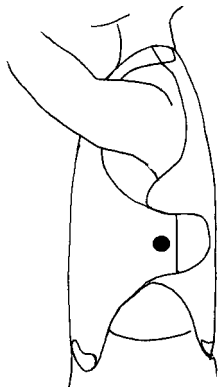


Figure 4.

**Option 3.** If there are no strapping attachment points on the wearer’s back, consider replacing the back panel of the TankTop with an appropriate Split Strap system, like the one shown here (Fig. 5):



Figure 5.

Figure 1.

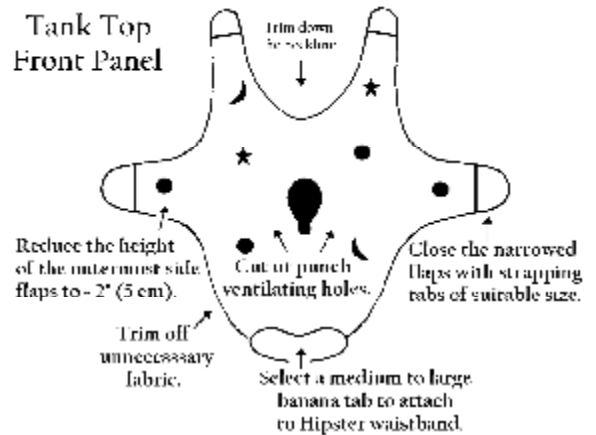


Figure 2.

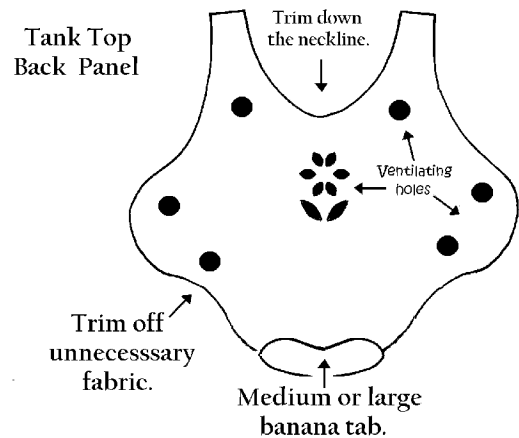


Figure 3.



### Another option: Torso Body Socks made of Cool Max® fabric!

This is a tank-style T-shirt used to reduce discomfort due to heat retention under plastic spinal correction jackets or corsets. They are sold in 6 size configurations according to waist circumference and torso length, from X-small to Large Long. **Torso Body Socks are available from our sister company, Progressive GaitWays, LLC: [www.gaitways.com](http://www.gaitways.com) · 866-410-8062 · [admin@gaitways.com](mailto:admin@gaitways.com)**