



## Caring for Your SPIO

- SPIO's should be washed at least every other day to ensure proper compression.
- Machine wash in warm or cold water using mild detergent and lay flat or hang to dry.
- When washing the TLSO be sure the front panel is attached to the back panel to prevent the Velcro from snagging the lycra.
- Abuse, altering, or undue rough wear and tear will void the warranty. This includes improper washing and drying in a dryer.
- The fabric is not fire resistant so the items are not recommended for use during sleep time.

## Fitting Your SPIO

- To provide maximum benefit a physician or therapist should monitor the use and effect of the SPIO.
- When you receive the SPIO try it on first before you decide it's too small. It will look too small, but may not be. If it is the same size as the child's regular t-shirt, it is too big and you are not getting any compression.
- You should be able to place your hand between the child's body (in the trunk area) and SPIO and feel significant resistance when you pull your hand away from the child's body. Approximately an inch resistance is adequate. More and it's too loose, less and it's too tight.
- When donning the **Upper Body Orthosis (UBO)**, make sure you have the sleeves turned properly so they are not twisted. This can cause a bad fit in the armpit area. The hem of the UBO should fit over the bottom and end at the trochanter. Un-zip the UBO and, if the child is able, have the child step into the UBO and then feed the arms through the sleeves.
- When donning the **TLSO**, attach one shoulder strap and the same side panel to the neoprene back. With child sitting or lying on their back, slide the child's arm through the fastened opening and attach the other shoulder strap. The child can be standing, sitting or lying down on their back, depending on the child's comfort level. Place the child on their stomach on your lap or on the floor (sitting, standing or kneel-stand are also possible). To attach the side panel, pull the TLSO down over the hips and wrap the panel snugly around the child. Fasten the crotch strap so it is snug, not tight. The crotch strap is designed to prevent the TLSO from riding up. The TLSO should fit snugly and firmly. You may have to adjust it a few times after the initial donning to optimize the fit. If you slip your hand under the abdominal area, with proper tension, you should feel a snug compression. After fitting and adjustment, you may add the para-spinal stays to the back panel, if needed. To do so simply attach the stays via the Velcro to the back panel on either side of the spine, or where additional support is needed.
- When donning the **Lower Body Orthosis (LBO)**, bunch the legs like you would a pair of tights, and slide them up the child's leg. Make sure you have the seams turned properly so they are not twisted. The label should be in the back.
- *After donning the SPIO, watch the child's reaction to the SPIO. If they get red marks under their arms or on their skin at the sides, it may be too small and you will want to exchange the SPIO for next larger size.*



## Caring for Your FabriFlex

- Hand or machine wash in cold water and dry in dryer on low heat, or preferably, line dry.
- Do not use fabric softer, a brush for cleaning, or iron.
- Clean lint off fabric with a sticky lint roller after every wash.

## Using Your FabriFlex

- Using the Straps, start at the bottom of the limb and work your way up, stopping at the desired point and overlapping the fabric as you go. Add additional straps for longer length, or multiple layers.
- Using the Wraps, wrap at the desired point of support or stabilization, increasing the tension as needed.

## Warranty

Each SPIO and FabriFlex is guaranteed for fit, materials, and workmanship for 90 days. **See reverse for return/exchange information.**