

Thera-Wedge System[®]

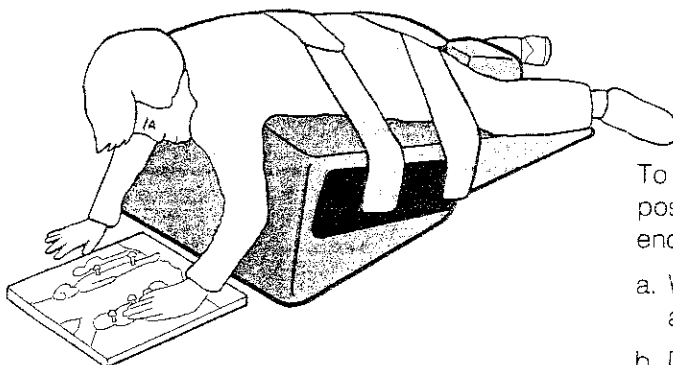
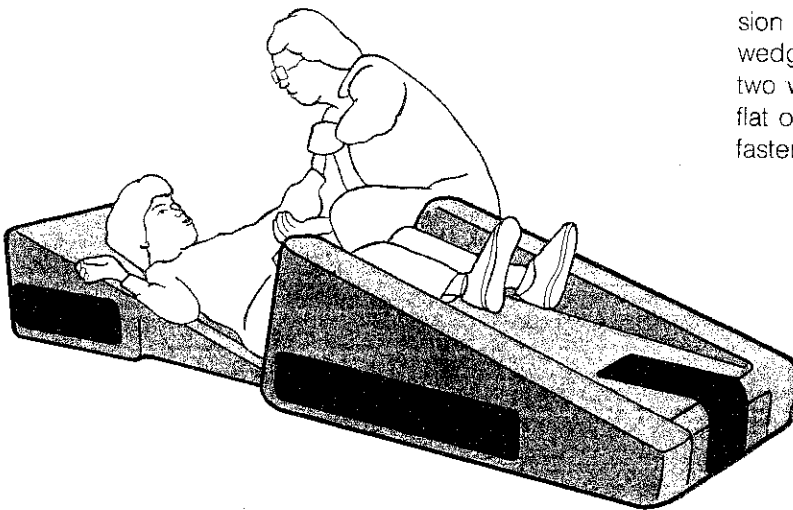
Thera-Wedge System is designed to be used with the older child or young adult. Positioning a larger person for therapeutic activities is more difficult simply because of his or her size. The Thera-Wedge can help appropriate body positioning, while allowing desired maintenance of positioning. Therapeutic intervention is intended to be provided by the therapist or caretaker under therapist advisement.

APPLIED USES

Appropriate static positioning in supine to allow lower and upper extremity range of motion activities.

- a. Head and neck flexion are provided when positioned in supine on smaller inverted wedge.
- b. Lower extremities can be supported using the larger wedge. This type of positioning will help to decrease extensor tone in supine position and reduce lordotic curve while ranging arms as shown. Hip extension movements may push the two wedges apart. To stop this, connect the two wedges with the Thera-Wedge strap flat on the floor and attached to Velcro fasteners at each end as shown.

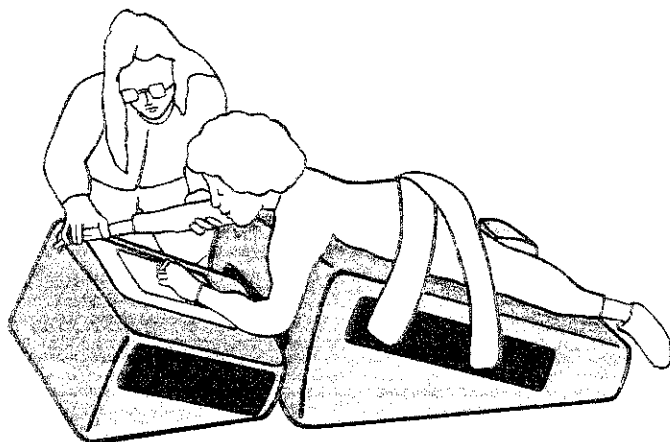
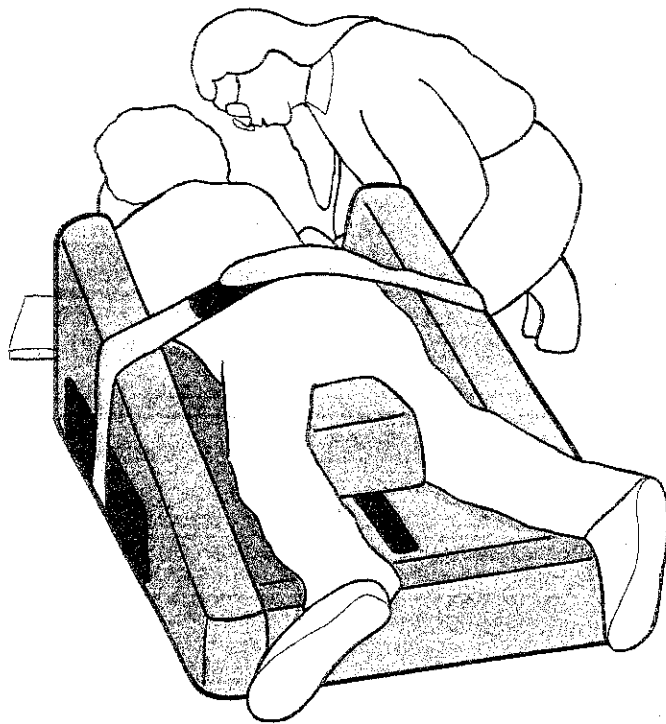
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To provide weight bearing on upper extremities, position a client in prone on either wedge to encourage the following:

- a. Weight bearing on elbows or extended arms.
- b. Development of a client's unilateral weight bearing while requiring one arm reaching.
- c. The working height of this prone wedge position is 12".

Abduction at the hips and hip and knee extension are provided when a client is positioned in prone using straps and the abductor wedge. The mild drop-off ledge shape molded into the surface illustrated is helpful to relax mild hip flexion contractures. When the ledge is positioned just below the pelvic crest, contractures are encouraged to elongate during 15 minute recommended periods. The effective wedge height in this position is 10".



Using the two Thera-Wedges separately and in conjunction allows for a variety of angles and heights at the activity work surface. This encourages different degrees of head control as well as providing variety for required arm usage. The problem of work surfaces being pushed away by the client is also solved when both wedges interlock by nesting. The working height of these nested wedges is 10".

The Thera-Wedge System can also be used to assist the therapist in positioning the child while working on sitting balance. Increased hip flexion is gained by seating the client on the end of the 17" wedge. This decreases extensor tone and lordotic curve thus controlling the lower body while the client works on head and trunk control activities.

