TheraTogs strapping strategies are founded in these principles:

- **Neuro-Developmental Treatment** – whereby proximal stability fosters improved distal mobility, and neuromotor problems are comprised of identifiable impairments.¹

- **Muscle Balance Theory**² – whereby shortened muscles lead the clinician to address (raise awareness of, activate in shortened state) the less-used, long muscles in the force couple; and short muscles impose excessive motion demands on – and therefore threaten the integrity of - adjacent joints. Optimum biomechanical and kinesiological conditions foster optimum muscle recruitment and performance.

- **Cortical adaptability and motor learning** – studies indicate the necessity for extensive, purposeful, optimum practice.³ ⁴ ⁵ ⁶

- **Physiologic adaptation** of muscle and soft tissues in response to a history of use.⁷

- **Skeletal modeling** during growth.⁸

---


³ Karen Adolph, PhD – Articles: [www.psych.nyu.edu/adolph/publications1.php](http://www.psych.nyu.edu/adolph/publications1.php)


- **Reported calming effects** of applied compression on somatosensory processing, attention to task, and body control in cases of attention deficit and hyperactivity disorders.9 10

TheraTogs were developed as a logical sequel to the emergence of new strategies for raising sensory awareness and activation of targeted muscles, including orthopedic taping techniques11 12, Kinesio Taping13 14; elastic joint supports15 and customized, full-body, Lycra garments.16 17

Changes in growing bone shape and joint alignment occur with the prevailing history of use while the bones are compliant. If the TheraTogs wearer is ambulatory and less than age 7 years, strapping systems that improve functioning joint alignment can influence the bone modeling process, preventing or reducing modeling errors by providing prolonged, gentle, and consistent, corrective forces. As the bones and joints mature and harden, the potential to effect healthy changes in bone and joint design wanes, and surgery becomes the only corrective option.

---


The processes of physiologic adaptation and cortical plasticity combine forces in TheraTogs systems that are used extensively for neuromotor re-education (i.e. lived in) for at least 8 hours/day between therapy sessions. TheraTogs systems gently and comfortably offer these aids to sensorimotor training:

- Compression for postural support and increased body awareness
- A secure, non-slip, Velcro®-hook-sensitive field for applying postural and movement training straps
- Resistance to undesirable movement patterns
- Assisted experience and practice using desirable movement patterns
- Improved resting joint alignment from which to initiate movements
- Prolonged periods of improved joint positioning, with potential to promote normalizing changes in soft tissues through physiologic adaptation.