

TheraTogs Offers Simplified Posture & Torso Alignment System



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TheraTogs Make 'Wear It – Live It – Learn It' the New Standard in Neuromuscular Rehabilitation

In 2002 a Colorado startup company changed the physical rehabilitation landscape with the introduction of TheraTogs - a modality of 'wearable therapy' that allowed clinicians to extend rehab therapy sessions into daily life with an adaptable, elasticized, garment-and-strapping system worn under the client's clothes. In the eight years since, over 21,000 customers worldwide have benefited from TheraTogs' gentle neuromotor retraining.

Today, TheraTogs continues to broaden the reach of its ground-breaking approach by announcing the release of a new **Posture & Torso Alignment (PTA) System** that offers a simplified starting point for clinicians and clients. The PTA system, available October 18th, allows clinicians and caregivers to turn a few minutes of application into hours of postural and neuromuscular retraining.

"The most basic human response to gravity is to strive to achieve and maintain the upright position," said TheraTogs inventor Beverly Cusick, the company president. "Weakness of the core musculature compromises that effort, produces muscle imbalances, and can interfere with limb function by recruiting limb muscles for balance."

The PTA was designed to leverage that human 'upright' response into improved functional alignment, taking full advantage of the neuromotor system's ability to 'learn' and adapt. "When the spine, pelvis, and scapulae are correctly aligned and stabilized," said Ms. Cusick, "the opportunity to practice using that alignment all day long can build the postural control that supports improved limb function -- and potentially, improved respiratory capacity, as well."

The most common diagnoses for which the PTA is targeted are flexible kyphosis or lordosis, excess pelvic tilt, and sitting balance issues. Clinicians can use the PTA to provide improvements to posture, core strength, and respiratory capacity, or to reduce torso deviations, increase sensory awareness, and address shoulder and scapular positioning and stabilization.

"In general," said Ms. Cusick, "any client with weak trunk muscles or difficulty maintaining midline - or with shoulder protraction or scapular abduction - will benefit from the PTA."

Don Hamlin, the company's Director of Sales and Marketing, also credited customer feedback as one of the drivers of the new system. "We heard from both clinicians and parents that while TheraTogs were very effective for more complicated neuromotor problems, a simpler system was needed to address basic postural problems and to make the product more accessible - from both a cost and a complexity perspective," he said.

As a result, the TheraTogs PTA model consists simply of upper and lower (under)garments and a small set of straps. "Since it is simple for the clinician to apply, it's also easy for caregivers to learn - which also increases the likelihood of compliance and improved outcomes," Cusick noted.

The newest addition to the TheraTogs ULTRA line, the PTA is made of TheraTogs' unique GoldTone™ fabric, designed specifically for neuromotor retraining. Like all TheraTogs products, the PTA creates a comfortable system of wearable therapy - worn discreetly under the client's clothing - that keeps the wearer in corrected functional alignment for thousands of repetitions during normal daily activities. The product is available in four pediatric sizes. TheraTogs also offers PTA expansion systems to extend neuromuscular retraining to the upper and lower extremities.

TheraTogs, Inc. is the developer and manufacturer of TheraTogs, the revolutionary wearable therapy system that is changing the practice of physical rehabilitation. TheraTogs are manufactured in Telluride, Colorado and are available through distributors and providers all over the world. For more information see our website at www.theratogs.com, or contact Lee Taylor at info@theratogs.com or (888) 634-0495.