

## Vincent Leddy's Tips for Using TheraTogs TogRite™ Strapping

This is the first of a series of segments in which Vincent Leddy, pediatric PT with California Children's Service's Quintara Medical Therapy Unit in San Francisco, California, demonstrates a few of his ingenious uses for TogRite in his therapy practice.<sup>1</sup>

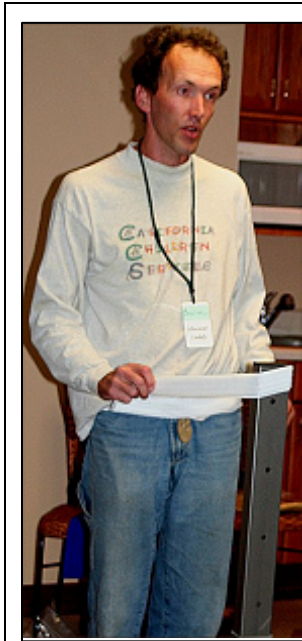
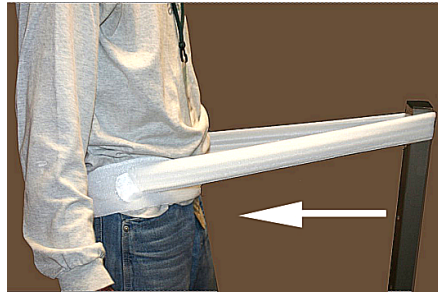


FIGURE A

- Find a secure post to wrap the strapping around.
- With the child facing the post, wrap the strapping around the child's upper pelvis and the post.



The body COM is near the sacrum in most children and adults.

The body COM must be the centerpiece of the weight shift in standing position.



FIGURE B

- Find a secure post to wrap the strapping around.
- With the child facing sideways to the post, wrap the strapping around the child's upper pelvis and the post.

Name 3 kinesiologic benefits of practicing resisted backward weight shifts:

- 1.
- 2.
- 3.

### Answers:

Name 3 kinesiologic benefits of practicing resisted backward weight shifts:

1. (Figure A) The muscles required to execute the backward shift are antigravity trunk flexors, hip and knee extensors, and ankle dorsiflexors – acting concentrically and eccentrically – and all of which are typically underused.

OR

(Figure B) The muscles required to execute the lateral weight shift are the trunk extensors and flexors coacting and the hip abductors and adductors acting concentrically and eccentrically.

2. The resistance to the weight shift adds somatosensory input to the maneuver.

3. The resistance to the weight shift leads to strengthening when repeated adequately.