



TheraTogs

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What is TheraTogs?

TheraTogs are undergarments that provide deep pressure sensory input to calm behaviors, increase attention, and improve body awareness. The gentle compression increases neurosensory feedback for planning muscle movements. Children with low or high muscle tone benefit from the strapping that attaches to the Velcro-sensitive material to reinforce correct postural alignment and efficient use of muscles.

TheraTogs embody several principles inherent in the sciences of kinesiology, biomechanics, skeletal modeling, and motor learning. They work by applying consistent, gentle compression and proprioceptive input to the skin and underlying muscles and joints to facilitate the functional activation of those muscles. Adding straps to the basic TheraTogs garment will assist weak, underused muscles, reducing postural convexities and realigning functioning limbs and joints.

TheraTogs have been shown to be effective in addressing issues in diagnoses that result in sensory processing difficulties or biomechanical problems such as:

Sensory Processing Disorder
Attention Deficit Disorders
Balance Deficits
Cerebral Palsy
Intoed gait
Mild weakness
Muscle recruitment problems
Joint laxity

Autism Spectrum Disorder
Coordination Deficits
Hypotonia
Ataxia
Out-toed gait
Flexible joint deviations
Pain due to muscle imbalances
Postural mal-alignment

What are TheraTogs?

A properly fitted TheraTogs™ system gives the wearer a comfortable, breathable, Latex-free “second skin” on his/her torso and thighs, providing vertical stiffness to reinforce postural stability, and horizontal stretch for mild compression and a comfortable fit. A TheraTogs garment consists of a tank-top and shorts that are designed to be worn directly on the skin as undergarments that allow unimpeded toileting.

TheraTogs are made from a patented, proprietary, machine-washable composite fabric consisting of nylon and spandex with an inner foam layer that gently grips the skin and the underlying soft tissues, and a Velcro®-sensitive outer layer to which your therapist can affix elastic strapping, to effectively influence your child’s movement, stability, posture and gait.

TheraTogs are Class I medical devices that are intended to be issued by, and applied under the supervision of, a licensed healthcare practitioner.

TheraTogs and Sensory Processing

The TheraTogs Sensory Integration System is designed to help children who have difficulty with issues such as hypersensitivity, focusing attention, ‘stimming’, sitting still, and coordinating movement. TheraTogs are especially effective at calming patient behaviors and increasing student attention – which can help improve the practice and efficacy of other management modalities.

The TheraTogs Sensory Integration (SI) System applies gentle, consistent vertical compression through the torso and lateral compression through the hip joints to provide calming proprioceptive, tactile, and deep pressure input that has been shown to help some children with SI dysfunction or sensory processing issues to regain body awareness, postural stability, attention, coordination, breath volume and control, and balance. This type of compression is more specific, more dynamic, and more variable than a cumbersome weighted vest. TheraTogs give a ‘wearable hug’ that is worn discreetly under clothing.

One of the key benefits of TheraTogs is carry-over between therapy sessions. The therapist can send children home from a successful therapy session with a TheraTogs system that continues to deliver gains made in postural alignment, muscle function, and sensory processing. Rather than receive only 1 to 3 hours of therapy per week, the typical TheraTogs client receives up to 16 hours of wearable therapy every day.

TheraTogs and Biomechanical Difficulties

TheraTogs apply prolonged, low-load (gentle) forces to the musculoskeletal system to effect changes in muscle recruitment strategies, and, with full-time use, in muscle physiology and bone geometry.

To gain optimum posture and function, thousands or repetitions of movements must occur in optimum alignment. TheraTogs accomplishes this by wrapping the torso in a Velcro-sensitive garment that serves as a ‘strapping field,’ allowing the therapist to attach straps that work like external muscles to improve postural alignment and stability, and potentially address a wide variety of functional alignment and movement issues. The therapist will mark the TheraTogs garment for correct positioning of the TheraTogs straps, and instruct the parent in how to put them on their child.

Specific examples:

Poor Postural Alignment:

Correct postural alignment consists of the spine being positioned in the most efficient way, so that the body does not waste energy in keeping the head upright, and the bones are not at risk of rubbing together in a manner that will cause damage to the joints. Poor postural alignment can be caused by weak abdominal muscles, resulting in an excessive curve in the lower back. The therapist would design the TheraTogs strapping to facilitate activation of the abdominal muscles to help strengthen the muscles and to assist in proper alignment of the spine to reduce the excessive curve in the lower back.

Cerebral Palsy:

A child with cerebral palsy often has difficulty walking because the high muscle tone, or spasticity, often causes the legs to cross as the child walks. The therapist would design, and then demonstrate to the parent, a strapping system to help the weaker muscles work more effectively to pull the leg straight as the child steps forward.

Development of TheraTogs

TheraTogs were developed Beverly (Billi) Cusick, PT, MS. She is an internationally known pediatric physical therapist and a respected clinician and teacher with some 35 years of experience in the field of pediatric neuromotor rehabilitation.

She was inspired to invent TheraTogs because there were no existing devices, resources, or modalities that were effective or versatile enough to make a significant improvement in physical rehabilitation. Their development has been driven by a passion to realize the full potential of physical rehab services that are based on solid biomechanical principles and neuromuscular science.

TheraTogs, Inc. was founded in 1997 and strives to develop products that will improve the management of deformities and movement disorders related to neuromotor dysfunction and pathomechanics in both children and adults. Currently over 16,000 customers use TheraTogs and are responding with improved movement patterns, posture, stability and correct muscular recruitment throughout their daily activities.

Insurance Reimbursement for TheraTogs

TheraTogs is reimbursed as a medical modality by most insurance carriers. We recommend you obtain a Physical Therapy Script for Physical Therapy Assessment and Treatment with possibility of TheraTogs prior to your initial assessment at ATA. After your initial assessment at ATA (typically one hour), we will provide you with information of a specific company that has years of experience providing TheraTogs to children in our area, and is registered in the TheraTogs Provider database. This company will check with the insurance company to be sure they will cover the cost of TheraTogs prior to ordering.

Research and Case Studies

1. In the clinical trial conducted at Ohio University PT Education Center, the published conclusions stated "A customized, soft garment with strapping system can improve functional skills, range of motion, and gait...".

2. In December 2007, KGO-TV (San Francisco, ABC) aired the story of Emily, a two-year-old Bay Area child diagnosed with autism. Emily's therapist fitted her with a TheraTogs SI/SPD System as an adjunct modality for her other therapies, and the results were dramatic and lasting. "TheraTogs brought my baby Emily back to me," said Emily's mother, Linda. "It was as if she was in a room with a door cracked open. Any information we were trying to get to her would have to make it through the little tiny crack. However, once TheraTogs came into play, that door flew right open." Go to www.TheraTogs.com to see the video.

3. "Nina, age 6 with ADHD, is not yet able to write her name legibly and independently. However, wearing the TheraTogs SI System the first time, she wrote her name legibly from memory on a chalkboard" - Alice, OT

4. TheraTogs was noted to promote more erect posture and lengthened stride length in a 13 year, 11 month old male with a diagnosis of global developmental delay with hypotonia, trunk hyperextension, increased anterior pelvic tilt, excessive knee extension, foot pronation, and right patella alta. He wore Theratogs for 5.5 months for 8 hours/day, 5 days/week.