# allardk

# READY STEADY GO!

A fresh new look for the world's only VARIABLE abduction hip alignment orthosis!





SWASH® - Sitting • Walking • And • Standing • Hip orthosis Only FUNCTIONAL Hip Orthosis that does not block ROM

## 2 MODELS to meet specific needs of your patients!



SWASH STEADY (Replaces previous SWASH Classic)
Has a polyethylene pelvic section that extends from L2/L3
to distal margin of the sacrum, providing maximum thoracic and pelvic support. Patients with low trunk tone and/
or very limited trunk control strength may benefit from the
increased posterior and lateral support this design offers.

#### **GUIDELINES FOR SELECTION:**

- When maximum trunk control is required, i.e., candidates who lack muscle strength or upper body control to sit upright.
- When patient is primarily non-ambulatory (GMFCS IV - V)
- When the greater pelvic coverage triggers more desirable neuro-sensory motor response.

SWASH GO (Replaces previous SWASH Low Profile) Has an aluminum posterior frame that extends from approximately L2/L3 to S1/S2, with an iliac extension.

#### **GUIDELINES FOR SELECTION:**

- When primary goal is to control scissoring gait.
- When patient has limited space between the iliac crest and the rib cage.



### **NEW FEATURES & BENEFITS**

#### Improved Patient Compliance

Soft attractive and durable fabric covers for pelvic section and thigh cuffs.

Easier and Faster Donning & Doffing Low profile quick-release buckles





Manage heavy adductor tone Heavy duty 8 mm uprights on both models

\*Except STEADY Size 1, which has 6 mm uprights and thigh cuff retaining rings.

#### **Reduced Inventory**

Uprights & Cuffs are interchangeable for all sizes SWASH STEADY & GO\*.

Less Interference with Posterior Walkers Both models have angled low profile hip joints\*

Symmetrical Pelvic Section Closure

Both models have abdominal pads with cinch closure for easy symmetrical application.





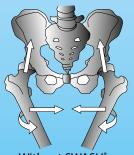


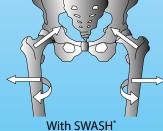


### PRESCRIBING SWASH

#### **Functional benefits of SWASH**

- Dynamic Function no blocked function.
- Transfers adductor tone from its negative muscle recruitment affects to directing the muscles to achieve more positive postural positioning.
- Proper alignment encourages tri-planar function for proper closed chain muscle function.
- Controls amount of adduction for improved sitting, standing, and if ambulatory, walking functions.
- Encourages greater trunk extension for improved postural positioning.





Without SWASH®

Rehab Program Benefits

(often serves as "extra hands" for the therapists)

#### Posture Assistant

High adductor tone affects posture of the entire body, often resulting in slouched posture. SWASH moves the center of gravity from posterior to mid-trunk alignment. For the right candidates, this in significant improvement in cervical and thoracic posture.

#### **Training Assistant**

Often used in a clinic setting to train patients to sit, stand, and walk with good body mechanics. Improved thoracic and head position often "opens the airways" to assist with speech training.

#### **Exercise Assistant**

For Pediatrics: The orthosis serves as "extra hands that grasp the hips" to assist with the rehabilitation program, i.e., sit-to-stand exercises and if ambulatory, lower exremity strengthening exercises. For Adults: Variable abduction allows more natural anatomical adduction "bicycle" pattern movements without need for cumbersome wedge pillows.

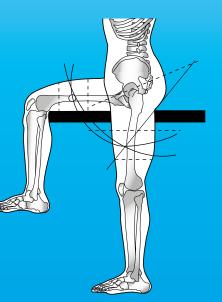
#### **Gait Assistant**

If ambulatory, the orthosis provides just enough abduction to prevent scissoring and medial femoral rotation so they can walk further and longer distances without their feet tangling.

## HOW SWASH HELPS ACHIEVE AND MAINTAIN PROPER HIP ALIGNMENT

The pathways of motion of the SWASH thigh cuffs mimic the "normal" pathways of motion of the femurs.

This is designed into the orthosis through combinations of the angle of the pelvic band in the sagittal plane, and the angle of the hip joint assembles in the transverse plane.



Exerts an external rotary influence on the lower limbs, influencing the knees toward extension and the trunk becomes more erect.

As SWASH reaches its limit for adduction, it transfers adductor force proximally to assist anterior rotation of the pelvis to help achieve a more

erect postural position.

## S.W.A.S.H® STEADY & GO SIZING GUIDE

#### **PELVIC SECTION**

Measure:

SWASH® STEADY - At level of the natural waist for maximum trunk stability.

SWASH® GO – At the level of the ASIS. Ideal is to fit the orthosis at mid-pelvic girdle to obtain good pelvic stability.

Size	Sizes Available		Circumference		
	STEADY	GO	Adjustment Range		
1	✓	✓	400-465mm	15 ¾-18 ¼in	
2	✓	✓	460-550mm	18-21 ¾in	
3	✓	✓	540-630mm	21 ¼-24 ¾in	
4	✓	✓	620-720mm	n 24 ½-28 ¼in	
5	N/A	✓	710-810mm	28-32in	
6	N/A	<b>√</b>	800-900mm	31 ½-35 ½in	

#### THIGH CUFFS

Measure at distal thigh, just proximal to the condyles. Ideal is to fit the cuffs as distal as possible without creating pressure or interference in the popliteal area. However, pressure on the thorax, excessive spinal flexion, or discomfort due to hamstring tightness, may be relieved by moving the cuffs up 1 - 3 inches.

Size	Sizes Available		Circumference		
	STEADY	GO	Adjustment Range		
1	✓	✓	210-250mm	8 ¼-9 ¾in	
2	✓	✓	250-290mm	9 ¾-11 ½in	
3	✓	✓	290-330mm	11 ½-13in	
4	✓	✓	330-380mm	13-15in	
5	✓	✓	380-440mm	15-17 ¼in	
6	✓	✓	440-500mm	17 ¼-19 ½in	

Waist to Mid-Patella

12 ¼in

14 ¾in

17 ¼in

19in

21 1/4in 23 ½in

**Upright Diameter** 

GO

8mm

288550805

288550806

600mm

288560805

288560806

**STEADY** 

8mm

#### **UPRIGHTS**

Measure waist to mid-patella. At final fitting, should be shortened to level of distal thigh cuff padding.

115° = narrow sitting base

310mm 6mm 8mm 2 8mm 375mm 8mm 3 8mm 8mm 440mm 123° = wide sitting base 4 480mm 8mm 8mm 5 8mm 540mm 8mm

Size	Model	PELVIC STEADY	PELVIC GO	THIGH CUFFS	UPRIGHTS 115 Deg.	UPRIGHTS 123 Deg.
1	STEADY	288520001		288540601	288550601	288560601
1	GO		288530001	288540801	288550801	288560801
2	STEADY & GO	288520002	288530002	288540802	288550802	288560802
3	STEADY & GO	288520003	288530003	288540803	288550803	288560803
4	STEADY & GO	288520004	288530004	288540804	288550804	288560804

288530005

288530006

Size

NOTE: Color Coding indicates interchangeable components.

N/A

N/A

STEADY & GO

STEADY & GO



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