



Tips for a Correct Fit

- For a good fit, measure each child according to the Sizing Guidelines; never select a size for your patient based on eye-balling the SPIO.
- You should be able to place your hand between the child's body (in the trunk area) and SPIO and feel significant resistance when you pull your hand away from the child's body. Approximately an inch resistance is adequate. More and it's too loose, less and it's too tight.
- When donning the **shirt**, make sure you have the sleeves turned properly so they are not twisted. This can cause a bad fit in the armpit area. The hem of the shirt should fit over the bottom and end at the trochanter. Un-zip the shirt and, if the child is able, have the child step into the shirt and then feed the arms through the sleeves.
- When donning the **vest**, attach one shoulder strap and the same side panel to the neoprene back. With child sitting or lying on their back, slide the child's arm through the fastened opening and attach the other shoulder strap. The child can be standing, sitting or lying down on their back, depending on the child's comfort level. Place the child on their stomach on your lap or on the floor (sitting, standing or kneel-stand are also possible). To attach the side panel, pull the vest down over the hips and wrap the panel snugly around the child. Fasten the crotch strap so it is snug, not tight. The crotch strap is designed to prevent the vest from riding up. The vest should fit snugly and firmly. You may have to adjust it a few times after the initial donning to optimize the fit. If you slip your hand under the abdominal area, with proper tension, you should feel a snug compression.
- When you receive the SPIO try it on first before you decide it's too small. It will look too small, but may not be. If it is the same size as the child's regular t-shirt, it is too big and you are not getting any compression.
- After donning the SPIO, watch the child's reaction to the SPIO. If they get red marks under their arms or on their skin at the sides, it may be too small and you will want to exchange the SPIO for next larger size.

Caring for Your SPIO

- SPIO's should be washed at least every other day to ensure proper compression.
- Wash in mild detergent in warm or cold water and hang to dry.
- Abuse, altering, or undue rough wear and tear will void the warranty.
- This includes improper washing and drying in a dryer.
- The fabric is not fire resistant so the items are not recommended for use at night.