



Restorative Posture Device SINGLE PATIENT USE ONLY

Addresses anatomical alignment, posture, and strength that allows for optimal laryngeal and pharyngeal function during swallowing.

Indications:

The Restorative Posture Device (RPD) is indicated for patients that present with poor positioning including forward head and neck posture resulting in decreased range of motion (ROM) and increased dysphagia risk as a result of posture as determined on an instrumental exam. This patient can be **flaccid** (can be passively ranged to an upright position but cannot sustain the position), may present with **shortened adaptive tissue** (unable to be passively or actively ranged to upright position), or may present with **neurological tone** with or without shortened adaptive tissue.

Intended Uses:

Patients with impaired ability to swallow and lost cervical range of motion - with or without neurological tone – can improve function and gradually increase flexibility by reeducating muscles in the submandibular region to promote the ideal head positioning for anatomical alignment that allows for optimal hyolaryngeal excursion. Patients may also benefit from:

1. Used in conjunction with Ampcare's Effective Swallowing Protocol (ESP™) to enhance swallowing treatment by assisting with proper position of head and neck, maintaining placement and improving electrical conduction of E Series Electrodes and providing a resistive exercise protocol.
2. Improved respiratory function, coordination of respiration and swallowing and increased O₂ and CO₂ exchange.
3. Improved pharyngeal space for adequate laryngeal movement and passage of the bolus through the pharyngeal phase.
4. Increased ability to orally accept food taken by mouth (PO) and improve oral ROM, manipulation of the bolus for improved safety of the swallow.
5. Increased healing of any skin breakdown related to pressure, skin-on-skin contact, and lack of air to involved tissue.
6. Decreased neck pain and discomfort; be able to improve the ability to take in nutrition and hydration.
7. Improved ability to receive the stimuli of their environment which could increase their quality of life as they are able to take part in activities which may also improve their degree of orientation/cognition and PO intake.

Action:

1. Apply and remove per physician's order and patient's overall plan of care.
2. Explain to patient in understandable terms what you are about to do.
3. Determine the degree of comfortable range of motion of head/neck. Try to keep the cervical spine in good alignment (erect) for more appropriate vallecular space with a mild dorsal glide (chin retraction) to allow for better epiglottic closure and airway protection.
4. If needed this device can be remolded if the patient presents with "stiffness". Only mold to 10-15 degrees of stretch. Remove padding, and heat with a heat gun. **Spot mold the device only at the middle or bottom of the S-curve** that need adjusting for appropriate angles to support the patient's head in the most functional postural position. Assure moldable chin cup is comfortable and no plastic is touching the patient's throat. Replace padding.
5. Adjust the blue occipital strap around patient's neck and secure with hook-and-loop fasteners to form the most comfortable and therapeutic angle.
6. Begin wearing schedule with short duration according to the patient's tolerance levels and their individual conditions – build up to typically no more than 6 hours per shift (6 hours on 2 hours off). Attempt to build muscle strength and prevent them from weakening. Consider initiating use during ESP dysphagia treatment and/or liquid PO trials.
7. Check all areas of skin where the device touched each time it is removed. If any red areas appear that do not resolve in several minutes, remove the device and inform the caregiver or call **Ampcare at 682-561-2444**. Shortening the wearing period or adding more padding to the mandibular support (chin cup) may resolve the issue.
8. Chart all pertinent information.

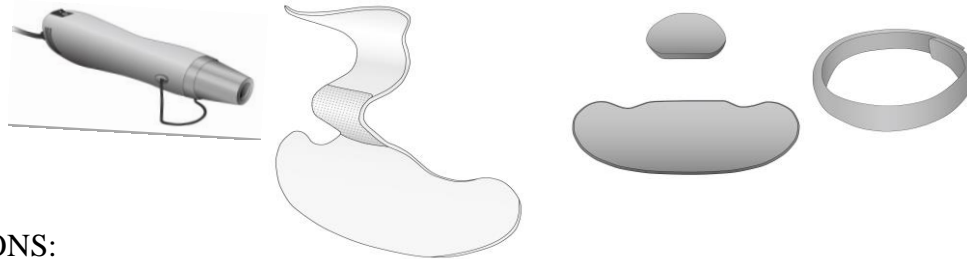
Laundering:

Cleaning instructions: Remove padding - hand wash, lay flat and blot with a towel, air dry. Wipe plastic clean with mild cleanser, protecting the hook-and-loop fasteners. Rinse with water, and allow to dry thoroughly while protecting the hook-and-loop fasteners. Replace padding, making sure all plastic edges where patient's skin might touch is covered.

If you have question, please call your Ampcare Consultant or Ampcare @ 682-561-2444

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Instructions on Heat Molding

CAUTION: To insure safety while remolding, wear heavy gloves.
Plastic may be hot after heat molding.



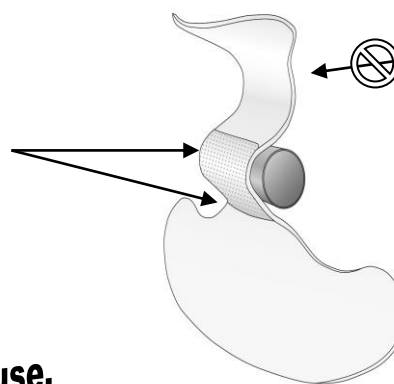
INSTRUCTIONS:

- 1) Before heat molding the brace, place the chin plate under the patient's chin to see where the modifications are needed. Patient's chin should remain slightly behind or flush with the end of the chin plate.
- 2) **Before applying heat remove chin and chest padding and strap.**
- 3) Move the heat gun in a small circular motion approximately 3" away from the plastic, only to the area(s) to be remolded. Heat the middle of the S-curve to adjust the height and the bottom of the S-curve to adjust the depth of the chest plate for appropriately 30 seconds on each side to remold.
- 4) Replace hook-and-loop fasteners and padding to appropriate area after plastic cools.
- 5) Place the brace on the patient to ensure that desired modifications are complete.

You may change the curve angle, but keep the S-curve to facilitate a cushioning effect.

Spot mold only at the middle of the S-curve to adjust the height or the bottom of the S-curve to adjust the chest plate.

Avoid heating the top of the S-curve as the angle is set to the appropriate amount of resistance.



NO heat to the upper S-curve.

The use of a small can or PVC is recommended to form the curve.

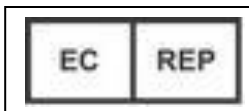
Not intended for prolonged use.

Warranty: Ampcare agrees that if any defect in materials or workmanship appears in this product within six months after the original date of consumer purchase, it will replace the product in question free of charge. This applies only if the product has been used as directed and has not been damaged through misuse, accident or neglect.

If a defect appears, please check that the product is being used in accordance with instructions. If so, return it with this warranty and proof of purchase to your nearest Ampcare Dealer.

If you are not a certified user of ESP, call Ampcare at 682-561-2444 to receive video instructions on how to perform ESP exercises.

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