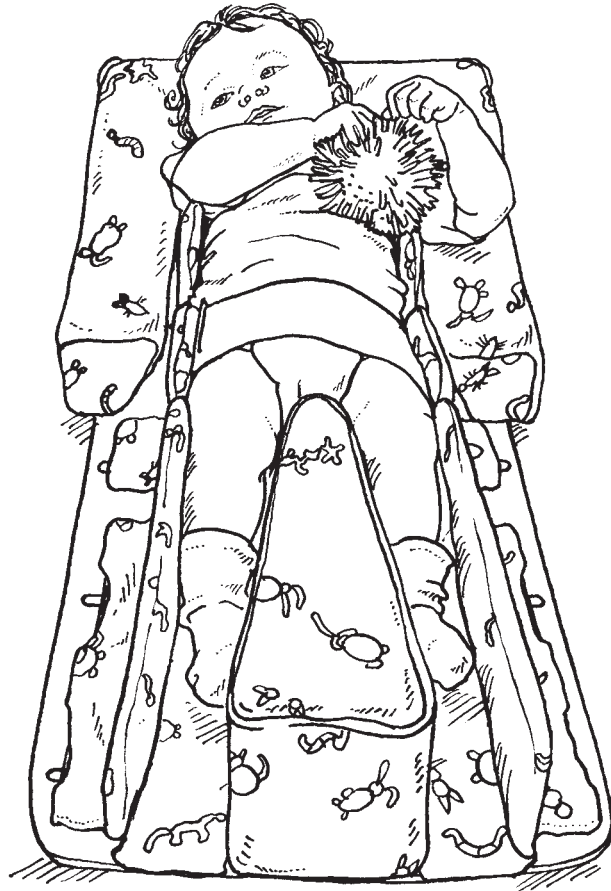


Chailey Lying Support

Fitting and Operating Instructions



IMPORTANT

Please read these instructions in full before using the Chailey Lying Support.

The Chailey Lying Support must be finally set and adjusted by a qualified therapist or rehabilitation engineer before use.

The Chailey Lying Support should only be used unsupervised or for sleeping following consultation with your therapist or doctor.

The Chailey Lying Support may be heavy. Take care when lifting a heavy load.

If you are unsure of any part of these instructions or have queries on the use the Chailey Lying Support, do not hesitate to contact us.



Active Design Ltd

68K Wyrley Road

Birmingham B6 7BN

Tel: (0121) 326 7506

Fax: (0121) 327 8807

E-mail: enquiry@activedesign.co.uk

Web: www.activedesign.co.uk

Introduction

This leaflet will help you to understand what a Chailey Lying Support is, and why it is important to use it. It is based on more than a decade of clinical experience and detailed research at Chailey Heritage School and Chailey Heritage Clinical Services in East Sussex. To keep things simple we refer to children in this leaflet although the Chailey Lying Support is available in large sizes and can be of great help to adults with movement difficulties. We refer to the child as 'he' to keep the text simple.

What is a Chailey Lying Support?

The Chailey Lying Support is designed for children who have moderate to severe motor impairment. It helps them to lie in a straight position on their back or front.

It is made from different parts that all do important things. The drawings at the bottom of the page will help you to know what each part does and what it looks like.

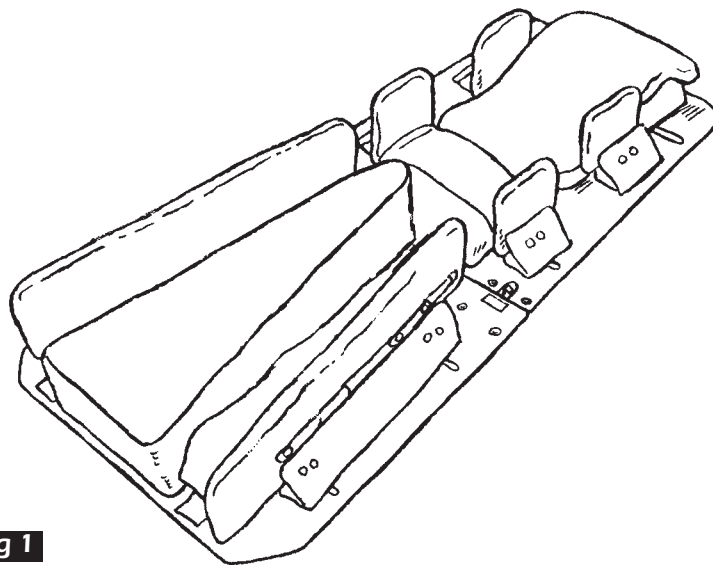


Fig 1

What is it for?

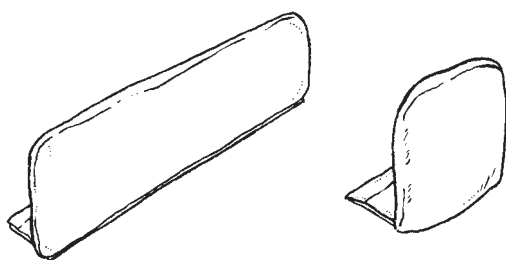
Equipment like a Chailey Lying Support (or special seat for example) that helps a child's posture will let your child have:

- A higher level of ability in the equipment than he would out of it
- A good position for movement
- Consistent and repeatable support and position
- Opportunities to practice movement
- Support so he can concentrate on other activities and skills
- Maintain a symmetrical body shape.

All of these things are used as part of a 24-hour postural management programme. They should help a child to develop practical ability and postural skill.

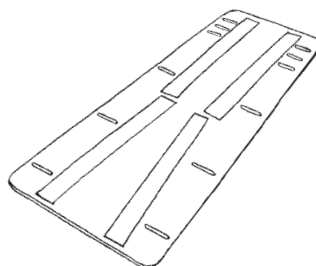
Parts of a Chailey Lying Support

Lateral Supports



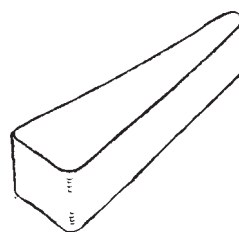
The lateral supports help to keep the body in a straight position.

Base Board



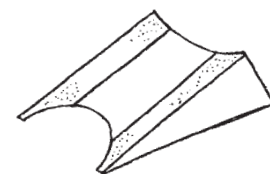
The firm base provides a solid base and provides stable, consistent support.

Abduction Block



Keeps the legs apart

Chest Support



Supports the top of the body. A low support is used for rest, a higher one for play.

Why use the Chailey Lying Support?

Some children find it very difficult to lie down in a straight position. The Chailey Lying Support can help them to do this. If they lie in a crooked position for too long:

- Their bodies can become stuck like this and it can make it difficult to sit and stand up
- Their hips and back may begin to hurt
- They may get very uncomfortable but can't move to get comfortable, so they may wake up in the night
- They may wake up in the morning with stiff legs, hips and back
- They cannot reach in front of them to play with toys or use the computer
- Ultimately, they might need an operation on their hips or spine.

The drawings below show the difference a special lying support can have on somebody's position. Notice the straight body position of the boy in the lying support, and the crooked position when he is out of it.

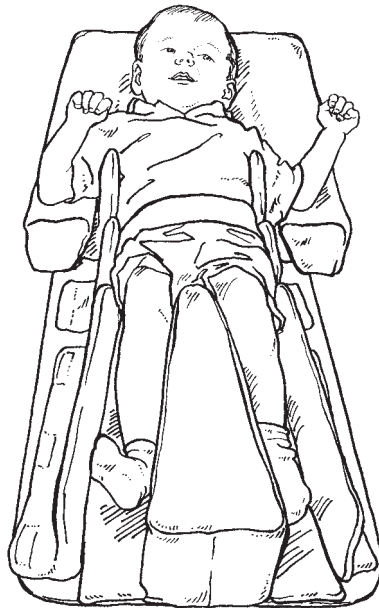


Fig 2



Fig 3

The graph on the right shows how time may be spent during the day. We can see a lot of time is spent in bed or lying down so it is important that this time is spent in a positive way using equipment to keep a straight position.

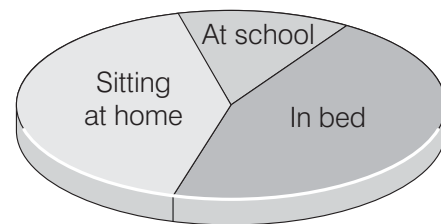
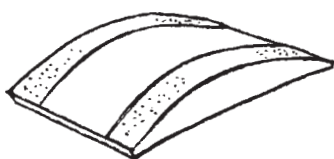


Fig 4

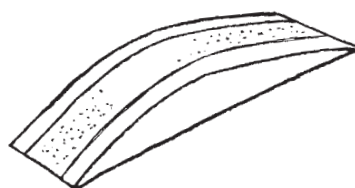
If we spend as much time as possible in a straight position, it is easier for our bodies to remember the position and what it feels like.

Lumbar Support



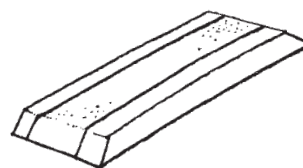
Supports the bottom part of the spine.

Knee Support



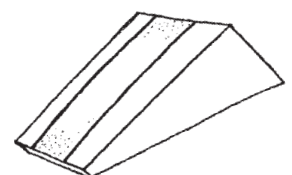
Slightly raises the knee for comfort.

Thigh Support



Distributes weight along the length of the leg and takes weight off the kneecaps

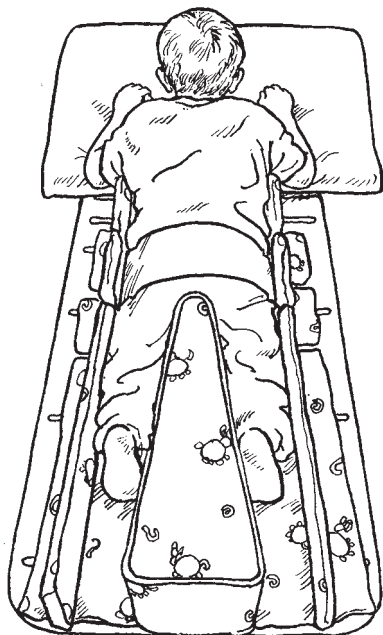
Shin Support



Raises the bottom part of the leg to keep the ankle in a neutral position.

How do I place my child in the Chailey Lying Support?

Your child can use the support lying on his back or lying on his front. Both are useful positions for play.



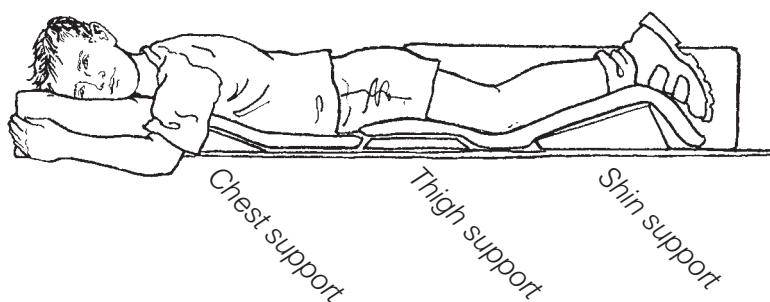
On larger supports, the lateral supports can be folded down to help you 'roll' your child into the support. On smaller supports, a 'straight' lift is required. If you use a hoist, the hoist sling should ALWAYS be removed so your child is comfortable and the risk of tissue trauma is reduced. A sliding sheet may be used if your child likes to lie on his front in the support.

When you place your child in the support check:

- The pelvis is level
- The shoulders are level
- The position is straight, not crooked.

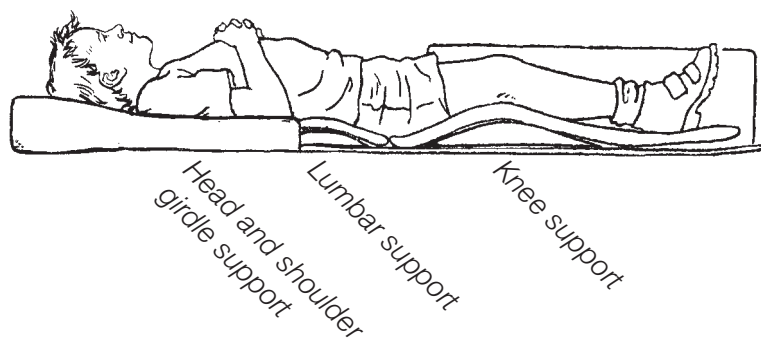
Your therapist will show you how to do this. It only takes a moment to do but does ensure your child will get the most benefit from using the system.

Positioning your child on his front



- The top edge of the *chest support* should be in line with the armpit (if this is uncomfortable, move it down a little). Care should be taken that the top edge is not under his neck.
- The bottom edge of the *thigh support* should clear the his knee.
- The top corner of the *shin support* should be into his ankle.

Positioning your child on his back



- The *head and shoulder girdle support* should be positioned as far down the board as possible, against the thoracic lateral supports.
- The lower edge of the *lumbar support* should be at the bottom of the back
- The apex of the *knee support* should be under the knee joint to give a slightly bent knee position.



TIP

The foam supports are easily interchangeable for lying on the back or front. Mark the location of each of the pads to ensure they are correctly positioned each time.

What do I need to adjust and maintain?

The main cushions have zipped covers that can be removed for washing. A 40° wash cycle should be used, and they can be tumble dried. The foam inside has a special lining that allows the skin to breathe. This lining should not be removed.

Every three months, you should:

- Check the positions of the components. As your child grows, your therapist should adjust the support or he may become uncomfortable
- Ensure all the bolts are tight
- Check the cushions are not worn out
- Check the straps for signs of wear.

The Chailey Lying Support is fully guaranteed for 12 months but should last between 2 and 4 years if correctly maintained. It will need changing when the chest support reaches the top of the baseboard or when the child's feet reach the bottom end of the baseboard.

Further Information

We have provided some further information below about the lying position. We would recommend you take the time to read this information as it will help you understand more fully the use of the Chailey Lying Support and the development of postural ability.

If you would like to find out more about postural management, we also publish a book called 'The Chailey Approach to Postural Management'. Although it has been written for professionals who assess and prescribe equipment like the Chailey Lying Support, you may find it useful and interesting.

We are also interested to hear any feedback you may have on the Chailey Lying Support. This will help us to make it better for other people.

You can also contact us at any time should you have any further questions.

Development of Lying Ability

Based on the Chailey Levels of Ability, the Chailey Lying Support will enable a child to achieve and experience at least a level 3 lying ability. This is described as a symmetrical posture with both the pelvis and shoulder girdle in a neutral position and the chin tucked. Once the child is supported in this position he might be able to learn to turn his head freely from side to side, retract his chin, bring his shoulder girdle into protraction and his pelvic girdle into anterior tilt (level 4 lying ability). Used at night for sleeping it will provide long periods of stretch needed to maintain muscle length, preventing the asymmetric lengthening and shortening that is the major cause of deformity.

The firm base will help to prevent the development of asymmetrical body shapes that can occur with very soft surfaces and the lateral supports will help joints and muscles to rest in a symmetrical position. Children who have difficulty moving are often uncomfortable and this may prevent them from enjoying a good night's sleep. The cushioned body supports will help with this by ensuring that the child is taking his weight evenly throughout the whole of his body. Evenly distributed loadbearing over the whole body's supporting surface will minimise the risk of tissue trauma. It is also a good starting position for movement, enabling the child to develop his postural ability. Sometimes a child has too much movement that he is unable to control and the firm base and cushioned supports provide stability and symmetry and give boundaries that will enable him to move and develop in a positive way.

It can also be used as an alternative to a hip spica for post-operative management. It may help to reduce pressure problems, allow the maintenance of joint range and muscle strength, and ease handling and hygiene. A removable pommel can also help in this respect.

Night time use

Children spend a lot of time in bed and asleep, so it makes sense to ensure that this time is beneficial in all respects. The symmetrical position that can be achieved in a lying support will help to prevent the shortening of muscles that causes a distortion of body shape. It will also help to stretch muscles that might become tight if the child spends a long time every day in a sitting position. Research has shown that at least 30 minutes of stretch every day is needed to maintain muscles at their current length, and between 5 and 7 hours of stretch is needed to lengthen muscles that have become short.

Medical implications must be considered before using the Chailey Lying Support at night. Some conditions, such as nocturnal seizures, reflux oesophagitis, and chest infections causing nocturnal hypoxaemia, may be aggravated by supine positioning and prone may be more suitable. If these factors co-exist then appropriate investigations and treatment should be carried out before the lying support is used. If there is risk of nocturnal hypoxaemia then overnight oxygen saturation should be monitored, and in cases of doubt, repeated in the lying support.

Summary

Children need to feel secure (physically and emotionally) before they are able to be active, sleep or play happily. The Chailey Lying Support will help with this by providing boundaries within which movement can be experienced and learnt in a positive way. The Chailey Lying Support is one part of a 24-hour postural management programme that may include seating, a standing support, active movement (such as horse riding) and hands-on treatment.