

## Commonly Asked Questions

### **Q: What is Stabilizing Pressure Input Orthosis (SPIO™)?**

A: Stabilizing Pressure Input Orthosis (SPIO™) assists patients with stability and proprioceptive deficits through deep pressure. Since deep pressure appears to be an important somatic input for balance and movement control, SPIO is designed to provide and enhance deep pressure sensory input around and toward the midline of the body to improve dynamic stability and postural activation.

SPIO™ was developed in the mid-eighties by Cheryl Allen, a seamstress and mother of two children with special needs, with the cooperation of Nancy Hylton, a physical therapist, orthotist, and co-founder of Children's Therapy Center. To date, SPIO™ has two U.S. patents covering the products and methodology. Patent #5782790 and #5957873. SPIO™ is registered with the FDA as a Class I Medical Device.

### **Q: Who can use SPIO™?**

A: SPIO™ has shown to be effective with kids of all ages:

- Syndromes such as Retts, Angelmans and Down Syndrome
- Cerebral palsy; Athetoid, Ataxia, Quadriplegia, Spastic diplegia, Hemiplegia
- Instability issues
- Hypertonia and Hypotonia
- Brachial plexus injuries
- Autism and Sensory Processing disorders
- And related developmental delays and disabilities

***\*Please note that each individual is unique and results may vary. It is suggested SPIO™ be used with the recommendation of a clinician.***

### **Q: What are SPIOs made of and what types of systems are available?**

A: SPIO™ is made of a unique lightweight Lycra blend fabric. The multi-directional stretch provides comfort with a strong rebound, aids in compression, is breathable, and comfortable to wear. We offer a variety of systems. If there is a system you would like but don't see listed, please contact us to see how we can meet your needs.

SPIO Vest with neoprene back, attached with hook & loop closure

SPIO Shirt with hook and loop closure at back of neck

SPIO Pants with elastic waistband

SPIO Glove

### **Q: Does SPIO™ come in adult sizes?**

A: SPIO™ does not offer standardized sizing for adults at this time. However, if you are interested in discussing the possibility of a custom garment, please contact us at [info@spioworks.com](mailto:info@spioworks.com). We are slowly developing new products to the line.

**Q: What is the difference between SPIO™ and other compression garments/systems?**

A: The UP Suit or Second Skin, the GPS Orthosis, the Benik vests, and TheraTogs primarily attempt to improve biomechanical stability by exerting inhibitive and counter-stabilizing forces to manage spasticity, muscle pull, and deformity. The effects of providing deep pressure sensory input through the use of these flexible compression systems are only secondary.

**Q: My child receives a sense of calm when he wears a weighted vest or has a weighted blanket on him. I find the weighted vest cumbersome. Would a SPIO™ have the same calming effect?**

A: It should. SPIO™ provides even circumferential deep pressure throughout the area of the body that it covers. Deep pressure has a calming effect on the sensory system.

**Q: Is there a break-in period with SPIO™?**

A: No. SPIO™ can be worn immediately for all of the child's waking hours. In fact, it is best for the sensory system to not have the SPIO applied and then removed repetitively throughout the day.

**Q: How do I order a SPIO™?**

A: There are two convenient ways to order SPIO™:

- 1- For cash/credit card paying customers, order online or print [the order form](#) and mail or fax it in, or
- 2 - if you wish to bill your insurance, you can go through your local. Clinicians may also work with a local Orthotist for insurance billing in other states. *Insurance billing orders can only be accepted from clinicians.*

**Q: My child has reflux. Should I take the SPIO™ off while they are eating and if so, when can I put it back on?**

A: The SPIO™ can be worn while eating. For a child with reflux, try loosening the SPIO™ for digestion. This will work for vests only. If the child shows signs of reflux despite loosening, remove the SPIO™ for one hour and then reapply.

**Q: My child has a feeding tube that I need access to. Is the SPIO™ easy to use and will the compression of the SPIO™ harm my child or cause the tube peg to leak?**

A: As there are a variety of feeding tubes available today, it is difficult to answer for one specific type. Most are not affected by SPIO™ and its compression. Simply loosen the vest for feeding. If the SPIO™ is rubbing on the feeding tube peg, a "donut" of foam or orthopedic felt can be used to decrease localized pressure. If this does not reduce the pressure, a small hole can be cut in the material without the risk of the material fraying. However, we view this as a last resort.

**Q: How long can my child wear the SPIO™ before I need to purchase another one?**

A: With proper care (no dryer!), the SPIO™ should last quite a while. Growth can affect fit, so if you notice the outcome of wearing the SPIO™ has changed; it may be time for a new one.

If you have any questions or want general information, please contact us on our toll free number at 1-800-827-8283 or e-mail us at [assistance@rehabmart.com](mailto:assistance@rehabmart.com).