Simple Stuff Works



Therapeutic Positioning Equipment for All Ages



About us

We are a family run organisation with a passion for supporting people to protect body shape. We provide high quality education and therapeutic positioning equipment with an aim to eradicate the preventable problems associated with body shape distortion.

We are driven by our core family values of compassion, trust and dignity.

Our advisors and colleagues are all highly experienced, having written some of the leading research into Postural Care and its effects.

We pride ourselves on the fact that our equipment is silent, hygienic and simple to use whilst our training programmes will allow you to implement this powerful form of therapy as safely and as humanely as possible.

Our equipment is suitable for those with relatively uncomplicated or the most complex of healthcare needs.

The Base Layers

The base of our award-winning sleep system comprises two layers of anti-microbial non-slip mesh, our Temperate Topper and a lovely, soft stretchy sheet. Supports are placed between the two layers of mesh to create comfortable supported positions for the individual using the system. The mesh is fully washable, silent to use and breathable, making it a perfect base in which to place supports.

Our Temperate Topper is a soft mattress topper filled with a state of the art material which is machine washable to 90 degrees, wicks moisture away from the skin and allows air to circulate around the individual. This allows the individual to stay in a dry, comfortable, temperate environment all night long. The Temperate Topper is non-dynamic, neither warming nor cooling the individual. This is an essential safety feature for people who find it difficult to control their own temperature. Over the top of these layers we have a beautiful, soft, stretchy sheet.



Leg Supports

We have a variety of leg supports which can be used by people of all ages, depending on their needs.

Each offers a unique and clinically effective position to protect the joints and soft tissues, but more importantly, they are super comfy!



The Side Lying Leg Support



The Simple Stabilizer

The Simple Stabilizer

The Simple Stabilizer is a beautiful leg support that supports an individual's leg, from the thigh to the calf.

It helps to keep the legs in an aligned position with excellent abduction to protect the hips and keep them in joint. It is multi-adjustable so it can grow with an individual and will allow them to rest in a comfortable and supportive position.







APPROXIMATE SIZING

Size one

H: 11cms D: 11cms W: 42cms
To fit approx leg circumference of 25cms
Suggested age range 2-4

Size two

H: 19cms D:35cms W: 46cms
To fit approx leg circumferences of 35cms
Suggested age range 2-10

Size three

H: 25cms D: 40cms W: 65cms
To fit approx leg circumference of 55cms
Suggested age range 5- 13

Size four

H: 28cms D: 40cms W: 65cms
To fit approx leg circumference of 60cms
Suggested age range 13 - adult

The Side Lying Leg Support

Our Side Lying Leg Support comes in 3 sizes and is designed to protect the hips and pelvis when a person is lying on their side. The leg channel creates a perfect place for the top leg to lie and the bottom leg wraps gently around the outside. When combined with lots of support at the back of the person, a lovely supportive side lying position can be achieved. This is perfect for individuals who need to lie on their side for safety reasons.



Approximate Sizing:

Size 1 380mm length x 300mm depth with a leg groove of 120mm at widest point and 50mm at narrowest

Size 2 600mm length x 400mm depth with a leg groove of 120mm at widest point and 80mm at narrowest

Size 3 600mm length x 400mm depth with a leg groove of 140mm at widest point and 100mm at narrowest

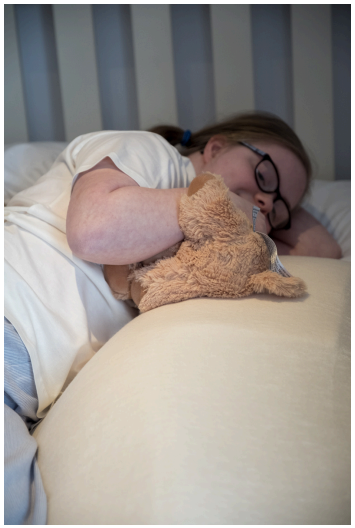


Support Options

We supply a wide range of supports for use within our therapeutic positioning system.

We can offer padded brackets, wedges and pillows which can be used in any combination to make a comfortable position for the individual.

Available in a range of sizes to fit small babies through to larger adults we have something for everyone!





Foot Supports



Feet can often be a tricky part of the body to control which is where our soft foot supports come in to play. Our foot supports help to hold the feet in a neutral position for long periods of time. They are made from the same fibre as our Temperate Toppers so they help to keep the feet feeling fresh whilst they are protected from falling forwards or rotating.



The foot supports come in three sizes:

Size 1 fits from baby up to adult size 1
Size 2 fits up to adult size 5
Size 3 fits up to adult size 9



Sizes are UK sizes

Pillows

We have lots of different pillow options which can be used to support an individual. We offer regular pillows, horseshoe pillows, sausage pillows and neck support pillows. These come in a range of sizes allowing flexible support for an individual who requires them.









The Anatomical Measuring Instrument for measuring the Goldsmith Indices of Body Symmetry



The Anatomical Measuring Instrument is designed to measure the Goldsmith Indices of Body Symmetry, the only validated, objective measurements of body shape available. Alterations in critical dimensions of the chest demonstrate that someone will be experiencing reduced internal capacity of the abdomen and thorax which can lead to secondary complications. The AMI measures these dimensions along with pelvic and leg rotation.

The AMI allows families and healthcare professionals to build up a comprehensive picture of an individual's body shape and develop a therapeutic positioning plan driven by this information.

Training

Therapeutic positioning requires a comprehensive understanding from everyone involved if it is to be implemented successfully.

We are delighted to be able to offer a range of accredited online training to support families, healthcare professionals and anyone else with an interest in therapeutic positioning.

Our courses are accredited and license delegates to join a worldwide community of Postural Care Leaders with access to all of our training materials and support.







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