

FREQUENTLY ASKED QUESTIONS ABOUT SWASH®

Is the SWASH® usually worn over or under clothing?

The SWASH® is generally fitted under clothing to optimize the control the device has in enhancing hip alignment.

What about toileting?

Generally SWASH® must be removed for toileting because the orthosis interferes with easy donning and doffing of underwear and diapers.

Will using SWASH® strengthen adductors?

The opposite is true because the SWASH® serves to stretch the adductors and cause them to clinically present with lower tone.

When will patients progress to not needing the SWASH®?

The SWASH® helps manage the consequences of high adductor tone. While there may be some carryover in lessened adductor tone after use of the SWASH®, it is not known if it will return if SWASH® use is totally discontinued.

Will AFOs still be necessary?

The SWASH® does not alter the need for AFOs. It may, however, change the design criteria for some patients. Because the SWASH® has a significant influence over transverse plane rotation of the lower extremities, AFOs will generally need to be set up in relatively neutral position relative to rotation.

How long should the patient wear the SWASH® each day?

The SWASH® is generally worn at least six hours each day. It can also be very appropriate for use as a night splint.

Are there any side effects to using the SWASH®?

Pressure marks may be evident on inside thigh where the SWASH® overcomes the forces of abnormal adductor tone. These marks should disappear within 30 minutes of removing the SWASH®.

The patient still seems to sit in too much spinal flexion. Can anything be done about that?

15° uprights tend to minimize this problem. Adding a sitting wedge (thicker part under seat, narrow part under legs) can also help to minimize the negative postural effects of tight hamstrings. If the problem persists, return to the orthotist for further adjustments.

How long before a child will "outgrow" his or her SWASH®?

SWASH® will usually fit a child for 2-3 years. Components are sold separately, so it is possible for the orthotist to adjust up to a larger cuff or longer uprights should that be necessary.