

I wanted to share with you why I think your new CozyZone sleep system and the new Leg Support system is so good and also share an amazing success story.

I have been a Paediatric Physiotherapist for 33 years.

We are being challenged constantly to offer therapeutic exercise with, and provide good comfortable, positioning for, the children and young people with complex disabilities.

Even with a 24hour postural care plan in place and some therapeutic exercise at home, children are still spending a large amount of the day in positions that can be destructive to their body shape.

Wind sweeping is a common issue, and we spend time explaining to parents about the long-term consequences of this position which ultimately can affect the spine and hip integrity. It is important to get a balance between educating Parents on the impact of poor positioning whilst trying to implement new routines to their already busy day and often stressful day.

Parents also see their children using lots of equipment through the day, some quite complex equipment, to help their children access daily life and sleep can be the last place that parents want to interfere with for many reasons.

Over the years I have seen a lot of sleep systems being removed and put under beds. This new leg support is really helping me get the children and parents to try nighttime positioning again. It is a great introduction to in bed positioning and we are then able to gently add more elements of CozyZone as children and Parents get used to, but more importantly, see the benefits of this early intervention leg support.

Therefore, the CozyZone Animal leg support is brilliant!

It is child friendly, teddy like, and something colourful and positive that is being given to the child. The colours and themes of each leg support are great! All children that currently use this new leg support smile as soon as they see it and it is less scary than just another medical device.

You can also use it in supine or side lying or both and it is easy to turn children when using it. The simplicity of putting it on a Child makes it more Parent friendly and less of a 'chore'.

I like that it supports the whole length of each leg which gives more stability to the pelvis and improved alignment, from hips to toes. Being able to vary the hip and knee flexion through the innovative design helps ensure good contact between the spine and supporting surface.

It is also very clever how, by supporting along the whole of each leg, it takes the risk of pressure away from the heels and eliminates the need for further cushions.

Other options available offer less support, less versatility and we often get rotation coming along lower down the legs which then require further additional cushions.

I really like the fact that you have put temperature control within the fabric which takes away concerns over children being too hot or too cold, reasons often why families are being woken up in the middle of the night.

I am also seeing a lot of children bringing their leg support, especially lots of George the Giraffe, into school with them each day too!

Staff love using them as they are so much easier to use than other equipment and they find they are achieving better positioning of the spine, pelvis and legs. If you want to reduce or increase hip and/or knee flexion, you can just add or remove foam to achieve the desired therapeutic output. The children also like having them with them through the day and there are never any complaints when using them.

Client: A

A has a particularly challenging posture that we have been trying to improve.

He has a leg length discrepancy, contracture in the left leg and he adopts a wind sweeping posture.

The sleep system that A had been using had been ineffective to fully correct his position.

Since providing A with George the Giraffe, he is now lying out in supine and side lying during the school day and we have seen a remarkable improvement in his interaction and just this one piece of equipment is making such a difference to improving A's posture, making classroom staff's job easier and there are now lots of smiles. We are now introducing George to the family to begin nighttime support again.

I wanted to say 'thank you' and share with you this amazing success story.

E.G

Advanced Practitioner Paediatric Physiotherapist

