



Specialised
Orthotic
Services

NESSIE



USER GUIDE

ALL USERS OF THE EQUIPMENT SHOULD BE AWARE
OF THIS DOCUMENT AND ITS CONTENT

NESSIE

Index

| CONTENTS | PAGE |
|--|-------------|
| Index | 1 |
| Safety Notes | 1 |
| Introduction | 2 |
| 1. How to Use NESSIE | 2 |
| 2. Positioning the Client with NESSIE..... | 3 & 4 |
| 3. Cleaning NESSIE | 5 |
| 4. Help and Advice | 6 |
| 5. Repairs and Service | 6 |
| 6. Medical Devices | 6 |
| CONTACT DETAILS | Backpage |

SAFETY NOTES FOR USE

- **NESSIE MUST ALWAYS BE USED ONLY AT FLOOR LEVEL.**
- **NEVER LEAVE NESSIE CLOSE TO ANY NAKED FLAME (i.e. OPEN GAS FIRE).**
- **NEVER LEAVE A CHILD UNATTENDED IN NESSIE.**



NESSIE

(Class 1 Device)

Introduction

NESSIE gives a unique positioning experience enabling parents, therapists and carers to play with disabled children in a positive therapeutic way.

- This User Guide for **NESSIE** is designed to give guidance on its use and maintenance.
- **NESSIE's** unique design and flexibility allow it to be manipulated into a wide range of positioning options during play and therapy.
- Under no circumstances leave anyone unattended when using **NESSIE**.

1. HOW TO USE NESSIE

When using **NESSIE** make sure of the following:

- **NESSIE** is intended for use on a secure, flat surface and only at floor level.
- **NEVER** use **NESSIE** on an elevated platform or surface.
- Make sure **NESSIE** is used in a clear area allowing adequate space for access to interact with children during use.



2. POSITIONING THE CHILD

- With **NESSIE** in place at floor level children can be positioned for therapy and play.
- Adjustments to the width of **NESSIE** can be done by simply moving **NESSIE**'s "arms" until the required position is achieved.
- Children can be placed securely into many positions along **NESSIE**'s profiled contours, with the most common options shown below:

Supine 'Lying on your back' (Fig.2a)

- Placing children into Supine is the most stable position.
- Supine position supports physical development through strengthening neck, tummy, shoulder and hip flexors as children have to lift head, arms and legs up against gravity.
- The hips in flexion reduces the chance of extensor thrust.
- Supports sensory development as this is the position in which it is easiest for children to focus their eyes.
- Encourages hand / feet exploration and hands to mid line.

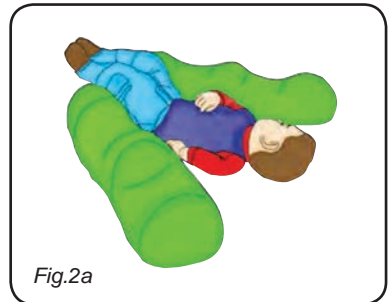


Fig.2a

Prone 'Tummy Time' (Fig.2b)

- Tummy Time supports physical development by strengthening neck, shoulders, arms and back, and is an important foundation for the transition to sitting via side lying / side sitting.
- Is the precursor for rolling, and is a position supported by all child development workers. e.g. health visitors and physiotherapists.

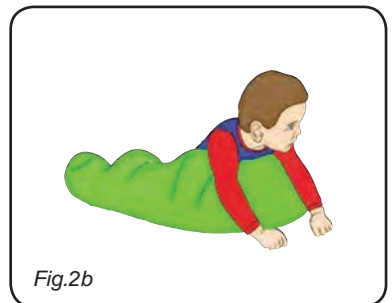


Fig.2b

Long Sitting (Fig.2c)

- Important part of child development, encouraging head control, hands to midline and reaching for toys.
- **NESSIE**'s unique 'BUMPS' encourage transverse weight bearing through arms and shoulders.

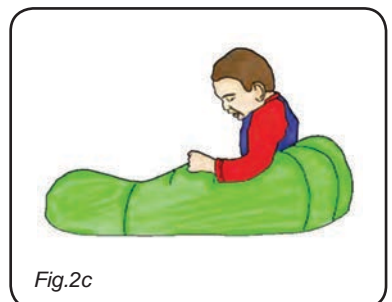


Fig.2c

2. POSITIONING THE CHILD (Cont.)

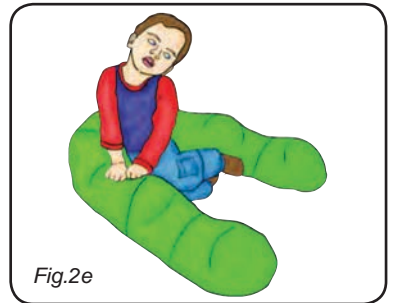
Side Lying (Fig.2d)

- Encourages hands together, and lifting head against gravity.
- Beginning of pushing up into sitting.
- **NESSIE's** arm between child's legs reduces crossing over of legs 'adductor tightness'.



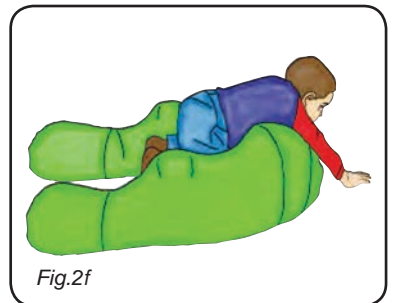
Side sitting (Fig.2e)

- Follows on from Side Lying.
- Improves shoulder girdle development.
- Encourages child to 'cross midline' i.e., twist around.



Crawling 'On all 4's' (Fig.2f)

- Crawling Position supports physical development because children are supporting their body weight against gravity, strengthening muscles which may be used for movement later on.
- Encourages development of shoulder and pelvic girdle and hip joint development.



Sitting 'Straddle' or Horse Riding Position (Fig.2g)

- Supports cognitive development by introducing a lordosis.
- Supports sensory development as hands are free and able to play.
- This position encourages a lordosis, and weight bearing through feet, knees and hips.

This is the most demanding position and may need support at pelvis from therapist / family.



NESSIE

3. CLEANING

- The Foam Moulding of **NESSIE** is made from an open cell foam and is sealed in a special water proof clear plastic protective membrane. This membrane is air permeable and waterproof.
- **DO NOT REMOVE THE FOAM FROM THE WATERPROOF LINER OR TRY TO WASH IT AS THIS FOAM WILL ABSORB WATER AND WILL BE A PROBLEM TO DRY OUT.**
- **ANY DEVIATIONS FROM THE ABOVE MAY AFFECT THE FIRE RETARDANCY OF THE COVER(S).**
- If the plastic membrane becomes seriously damaged it needs to be repaired quickly.
- To clean the plastic membrane, simply wipe down with a mild cleaning agent. Towel dry, and leave at room temperature to dry thoroughly.
- **DO NOT put NESSIE next to a hot fire or use excessive heat to dry as this could damage it.**
- **DO NOT use scourers or caustic substances such as bleach.**



3.2. REMOVING THE COVER

- Light soiling on the cover can simply be removed by using a damp cloth or Baby Wipe. This should enable the cover to be cleaned without the need to remove it from the Nessie as the foam is sealed in a waterproof liner.
- For cleaning of removable cover please refer to wash label on the inside of the padded cover.
- The cover can be removed by simply unzipping (Fig.3.2a)





4. HELP & ADVICE

If you need advice on any aspect of use or maintenance then please contact:

Specialised Orthotic Services Ltd. (SOS)
on 0044 (0)1283 520400.

5. REPAIRS & SERVICE

Within the warranty period.

All NESSIE's manufactured by Specialised Orthotic Services Ltd. carry a guarantee on the main parts for 12 months, excluding covers and straps which are guaranteed for 3 months. This guarantee only applies to correct usage of the product.

If during this period the product becomes defective and needs repair then please contact SOS.

Outside the warranty period.

For any goods requiring repair or attention after the guaranteed period, an assessment can be made as to the cost of the work required.

On acceptance of this quotation the work will proceed.

Misuse or neglect.

The repairs necessary resulting from misuse or neglect, whether within the warranty period or not, will be charged for.

6. MEDICAL DEVICES DIRECTIVE 93 / 42 EEC (Class 1 Device)

Specialised Orthotic Services Ltd. in compliance with the Medical Devices Directive have an obligation to investigate and take corrective action on defective devices. To assist us with this procedure we would appreciate your assistance in meeting this obligation by informing us as soon as possible and make the device available for inspection as soon as possible having become aware of a defect.

We are required to notify the Competent Authority of certain types of incidents within 10 to 30 days.



As part of our quality system we have established procedures to deal with such incidences and would appreciate your swift notification to us via our telephone, fax or e-mail details at the end of this users manual.



I/D LABEL

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