

Philosophy Behind the Power-Up Stabilizer

The Power-Up™ stabilizer has been designed by an occupational therapist to be used with children who have neuro-motor disorders with moderate to severe total body involvement or involvement of one side including impairments of dystonia, athetosis, and spasticity. This handle assists with but is not limited to achievement of goals in the following functional areas:

- Head control for visual tracking, visual “pointing” and eye contact.
- Upper extremity control for activation of assistive equipment, such as augmentative communication device as well as control for reach, grasp and manipulation.
- Strengthening of upper trunk and neck for improved alignment and control in sitting, standing and during mobility tasks.

The Power-Up™ stabilizer does this by:

- Providing a point of stability and biomechanical alignment, for one extremity facilitating the opposite side to achieve greater accuracy during reach, grasp and touch activities.
- Providing another “set of hands” that will maintain either or both upper extremities in a position of scapular adduction, external rotation while encouraging spinal extension during treatment activities. (Elongation of postural muscles such as the pectorals, and facilitation of spinal extension with activation of the core stabilizers often need to be worked on initially in session.) This handle can be used to help the child or adult sustain the achieved posture allowing the therapist to use intermittent facilitation or key points of control in other areas of the body.
- Providing an easy mechanism of carryover of alignment and strengthening strategies. Client is able to maintain changes made from one therapy session to the next. This application requires specific caregiver training by the treating therapist. It is recommended that the therapist use the handle over multiple treatment sessions to determine appropriate applications prior to training caregivers to integrate it into the home environment.
- Providing a point of stability in a closed chain for one or both upper extremities to work off of as therapist facilitates postural system activation to improve core stability in treatment.

This Power-Up™ stabilizer can be used on table tops, seating systems, standing frames and counters. There are many degrees of freedom that are built into the Power-Up™ Stabilizer which allows the therapist to decide which position of the handle will benefit the child’s treatment goals.

- This handle can be used unilaterally to allow the child to work on improving accuracy of reach, grasp and touch with the other hand.
- Bilateral handles can allow the child to work with the therapist and parent on trunk alignment, head control, and eye targeting.
- In clinic or school based therapy, the Power-Up™ stabilizer will provide a point of stability to work the child’s postural control.



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