

HOW to CREATE & ADAPT a POSTURAL SUPPORT SYSTEM with LOW-COST MATERIALS

Order of Layering Materials

1. Two layers of non-slip material
 - Place directly on mattress or support surface
 - Postural supports are secured between these two non-slip layers
 - Length: from user's shoulders to hips (minimum)
 - Width: approximately 3 ft to 4 ft wider than the user's torso
 - Allowing for 1.5 ft. to 2 ft. on either side of their body
2. Padding Layer
 - Covers the postural supports to decrease direct pressure against body
 - Choose padding that works best for the user (cold/hot sleeper, waterproof, latex-free, etc.)
3. Fitted sheet/flat sheet
 - To fit over postural supports, sheet should be stretchy or oversized
4. User then lies on bed or support surface
 - Postural supports can then be placed around the user's body as needed
 - Some postural supports will be placed under the sheet and padding layer, securing them between the two non-slip layers

Creating Postural Supports from Household Items

Towels

- Various sizes: beach towels, body towels, hand towels, etc.
- Placement suggestions: under knees, next to torso/hips, under ball of foot, next to head (under pillow)

Pillows

- Various sizes, body pillows, small cushions, etc.
- Placement suggestions: under head, under/between legs, under ball of foot, under the arms

Blankets

- Rolled up and wrapped in non-slip material to maintain structure
- Placement suggestions: under/between legs, next to torso/hips, under the arms

Stuffed Animals

- Can be comforting, adds a personalized touch to the positioning system
- Placement suggestions: under the arms, wrap arms around

When rolling materials, secure the roll to prevent loosening or weakening the support.

Securing suggestions:

- Rubber bands or hair ties
- Tape
- Coban wrap (vet wrap)
 - Available at drug stores and many other retailers
 - Stretchy, self-adhesive material that does not leave residue.

Postural Supports - Purchasable Options

These items are widely available online or at stores such as Target, TJ Maxx, Ross, Wal-Mart, etc.

Pool Noodles

- Can be cut in halves or fourths
- Placement suggestions: next to head (under pillow), lateral supports (torso), under ball of foot

Foam Muscle Rollers

- Can be cut in half or cut lengthwise
- Placement suggestions: lateral supports

Yoga Mats

- Can be rolled up, secured, and cut in half
- Placement suggestions: lateral supports (torso/hips)

Yoga Blocks

Sturdy foam that can be turned on its sides for different heights

- Placement suggestions: lateral supports (torso/hips)

Yoga Bolsters

- Placement suggestions: under knees

Positioning Brackets or Bookends

- Thick durable plastic such as acrylic, polycarbonate, or ABS plastics
 - Other materials will bend/break overtime
 - Local plastic companies can make these
 - May be available online
- Placement suggestions: lateral supports (torso/hips), place the base away from the body, not under

Leg Positioner and Support

- “Complete Feet” – available at ComfortCompany.com
 - Placement suggestion: Under and between knees
 - Comes with strap and buckle that can be adjusted to secure legs

Make Your Own Leg Positioner and Support

An instructional video found on Posture24-7.org demonstrates how to create supports and cut foam

Foam: firm, high-density (furniture grade)

- Can be cut and customized as needed
- Placement suggestions: under & between the knees, under the arms, under ball of foot
- Foam N' More at foamforyou.com/luxury-firm.html
- FoamOnline – high-density, customizable firmness and size

Electric Carving Knife (or electric fillet knife)

- Use to cut and customize foam support
- Approx. \$12 - \$30
- Can also be found at garage sales and thrift stores

Layering Materials - Purchasable Options

Non-Slip Mesh

- Rug Liner/Mesh – available online and at home improvement or furniture stores
 - Latex-free options through Overstock.com
- Cabinet/Drawer Liner – smaller pieces of material, can lay pieces beneath user (shoulders, trunk, hips)
- Tenura Clinical-Grade, Non-Latex material available in various sized rolls
 - Available through WholesalePoint.com

Padding Layer: Mattress Toppers, Mattress Pads, Crib Liner

Temperature Control

- Milliard Gel-Infused Memory Foam Mattress Topper – 2” thick, with bamboo cover, cooling, pressure-reducing, asthma and allergy friendly
- L.A. Baby Breathable Miracle Mat – superior ventilation, cooling (approximately 52” x 28”)
- Heartfelt Collective Woolen Bed Felts – temperature control, washable
- SmartSilk Mattress Protector – all-natural silk with all-natural soft cotton finish, breathable and cooling, washable, asthma and allergy friendly
- Mulberry Silk Mattress Pad – high grade long fiber silk, covered by cotton, hypoallergenic, temperature regulating

Waterproof

- Naturepedic: Organic Waterproof Protector Pads – fitted mattress pad with thin waterproof barrier covered in layers of soft organic cotton jersey, stretchable, reduces sweating, while maintaining waterproof protection of mattress, with no toxins or harsh chemicals
- Milliard Ventilated Memory Foam Crib Mattress Topper – Removeable waterproof cotton, non-slip cover

Latex Free

- Dream Designs – Organic Shiatsu Mat – contains 2 layers of organic cotton felting, encased in organic twill (24”x75” or 30”x75”)
- Allergy Buyers Club
 - Sleep & Beyond Organic Cotton Waterproof Mattress Protector - allergen/chemical free
 - Sleep & Beyond Certified Organic Wool Mattress Pads – 1.5” thick, contains organic merino wool and cotton
 - Hotel Plush Cooling Mattress Pad – ¼” thick, cooling fiber top, microfiber fill, stretch skirt
 - Solus Organic Cotton Mattress Pad – ¼” thick, chemical/dye/allergen free, breathable cotton
- Earthsake Organic Cotton Mattress Topper with Pure & Local Wool Fill – various sizes and thickness options, completely chemical free

Other Organic Options

- Happs Organic Mattress Topper – contains organic latex with organic cotton cover
- Plushbeds Natural Latex Organic Topper – contains 100% natural Talalay latex
- Avocado Green Organic Mattress Topper – contains organic latex, wool, organic cotton
- Naturepedic: Adagio 2” Organic Latex Topper – contains natural/organic latex wrapped in organic cotton