



Nessie Positioning Support

U. S. Patent No. 9,474,387

APN-1000S

APN-2000M

APN-3000L

www.inspiredbydrive.com



WARNING!

Read ALL instructions before using this product!

INTRODUCTION

Nessie's unique design and flexibility allow it to be manipulated into a wide range of positioning supports during play and therapy.

- This user manual is designed to provide guidance on the use and maintenance of the Nessie.

IMPORTANT SAFETY RULES

- Determine, with a physician or therapist, the suitability of this product for the intended user.
- **Nessie must always be used only at floor level.**
- **NEVER** use the Nessie on an elevated platform or surface.
- **NEVER** leave the Nessie close to any open flame (i.e. open gas fire).
- **NEVER** leave the user unattended in the Nessie.
- **SAVE THESE INSTRUCTIONS.**

FIRE RETARDANCY

- Fire retardant materials have been used in the construction of this positioning system.
- It is important that no accelerants are introduced to the materials (e.g. Hair spray, fabric cleaners, deodorants, polish etc..), as this may adversely affect the fire retardancy of your equipment.

If you require additional assistance, please contact Customer Service at **(562) 282-0244**, or email at **info@inspiredbydrive.com**.

Thank you for choosing Inspired by Drive.

POSITIONING THE USER

Follow these guidelines when using the Nessie:

- Nessie is intended to be used on a secure, flat surface and only at a floor level.
- Make sure to use the Nessie in an area with adequate space in order to access and interact with the user.
- Width adjustments on the Nessie can be done by simply moving the 'arms' of the Nessie until the required position is achieved.
- The user can be placed securely into many positions along the Nessie's profiled contours, with the most common options shown below:

Supine 'Lying on your back' (Fig. 1)

- 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 reduce 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.



Figure 1

Prone 'Tummy Time' (Fig. 2)

- 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 or side sitting.
- Prone is the precursor for rolling.



Figure 2

POSITIONING THE USER

- **Long Sitting** (Fig. 3)
- Important part of child development, encouraging head control, maintaining midline and reaching for toys.
- Nessie's unique 'BUMPS' encourage transverse weight bearing through arms and shoulders.



Figure 3

Side Lying (Fig. 4)

- Side lying 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 and 'adductor tightness'.



Figure 4

Side Sitting (Fig. 5)

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



Figure 5

POSITIONING THE USER

Crawling 'On all 4's' (Fig. 6)

- 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.



Figure 6

Sitting 'Straddle' or Horse Riding (Fig. 7)

- 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.
- **Note:** This is the most demanding position. The child may need to be supported at pelvis by a therapist or caregiver while in this position.

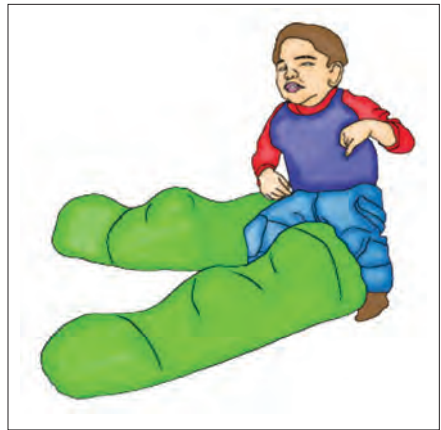


Figure 7

MAINTENANCE

- The foam inside the Nessie is an open cell memory foam and is sealed inside a waterproof plastic liner.
- DO NOT REMOVE THE PLASTIC LINER FROM THE FOAM.
- DO NOT WASH THE FOAM AND/OR THE PLASTIC LINER.
- NEVER use harsh chemicals such as bleach on any part of the Nessie.
- The plastic liner needs to be repaired immediately if it's damaged.

CLEANING

- Simply wipe down the plastic liner with a mild detergent. Towel dry and leave at a room temperature to dry thoroughly. DO NOT use heat to dry the liner as it could damage it.
- DO NOT place the Nessie close to an open fire.
- Light soiling on the cover can simply be removed by using a damp cloth or baby wipe.
- The cover can be easily removed for thorough washing. Refer to the washing instructions on the inside of the cover (Fig. 8).



Figure 8

WARRANTY

Inspired by Drive warrants this product to be free of defects in material and workmanship. Our obligation under this warranty is limited to repair or replacement of any part or entire unit at our option for a period of one year from date of delivery to the original purchaser. The warranty does not include cost of inconvenience, property damage, misuse, abuse, crash or similar incidents. The warranty will not apply if product has been tampered with or repaired by unauthorized individuals.



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