

How to Make the Playskin™ Air

1) Attaching Plush Elastic

- Fold and pin the 1 inch wide plush elastic along top edge of stretch mesh



Slowly sew along the edge of the elastic, removing pins as you go



2) Securing the Cover Fabric

- Fold the remainder of the black performance mesh ¼ inch and pin it to the shirt



- Slowly sew up to the edge of the elastic



- Rethread the sewing machine to match the color of the elastic (*optional)
- Pin the edge of the elastic to the shirt then slowly sew and bartack at end



3) Attaching Velcro

- Cut 2 inches of the soft side of the Velcro and 1 inch of the hard side of the Velcro



- Fold the edge of the elastic $\frac{1}{4}$ inch and sew the hard Velcro covering on the side facing the back of the garment
- Sew the soft Velcro 1 inch from the edge of the performance mesh on the elastic facing the front of the garment



Adding the Bladder to the Shirt

1) Adding the Bladder to the Garment

- Cut a small, circular hole in the mesh for the nozzle
- Insert the bladder into the mesh pocket with the narrow, nozzle end in first, guiding the nozzle through the hole in the mesh



2) Securing the Strap

- Thread elastic up through the shoulder strap then around to the back of the garment and adhere the Velcro



3) Inflating the Bladder

- Cut a piece of 6-inch tubing (user can adjust the length to make it comfortable to wear) then connect it to the nozzle on the valve of the bladder



- Securely connect tubing to the air pump and valve switch making sure the switch is in the “ON” position, then start to inflate
 - Fill the bladder to the users’ desired support level, ensuring the user is comfortable. Avoid overfilling the bladder or the seals may rupture.



- Switch the valve to the “OFF” position before removing the tubing to maintain inflation



Final Product

*Keep in mind that this garment has a learning period where users have to get used to the device. The level of inflation should match the comfort level of the user. Users can acclimate to the device by beginning with short bouts of wear and progressively increasing with time.



Suggested Home Instructions for the Playskin Air™ Support Garment

We will leave the users' Playskin Air™ with you between visits.

Using the Garment

- You will need to help the user put the garment on and off to make sure it is fitting comfortably.
- You can use the pump to inflate the air bladders to provide the amount of arm lift the user would like for the task they are engaging in. The level of lift can be changed as needed by helping the user deflate (lower the arm) or inflate (lift the arm) the bladders.
- Please try to use the garment at least a few days each week to see if it is useful for any of the users' daily activities.
- Because the user may get tired when wearing it, you may consider limiting bouts of wear; for example, wearing it all day will likely be very tiresome.
- The garment may be used in different places, such as the home, school, park, or work.

What should you do if the garment gets dirty?

You can launder the garment using the delicate cycle. The bladder should be wiped clean to avoid liquid entering the interior of the bladder.

Safety

- Be careful wearing the garment in hot environments. Some of the fabrics in the garment are not very breathable and we do not want the user to get too hot.
- Each time you put the garment on the user, please ask whether they feel any discomfort, such as rubbing, squeezing, or pressure. If they do, try to adjust the garment to alleviate that discomfort. If the discomfort continues, please remove the garment and seek the help of a seamstress to resolve the issue.
- If the user has shoulder tightness, be sure to make sure the user is comfortable and not feeling an uncomfortable stretch at the level you inflate the bladders.
- Please check the user's skin after each time wearing the garment to make sure it is not causing any blisters or redness that last more than 10 minutes.