

Adapt - A - Tray

A multi-functional system of blocks, brackets, and straps which fit on a tray for positioning arms, hands, and equipment.

Blocks are soft and cushioned for positioning upper limbs. They have hook and loop material on the front and back for quick and easy attachment of straps and equipment. They are quickly attached to the tray without tools, and can be placed in many different ways for optimal positioning of the following:

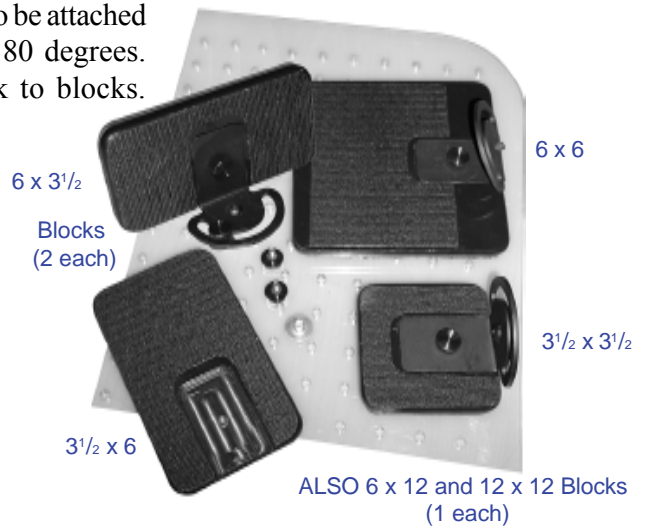
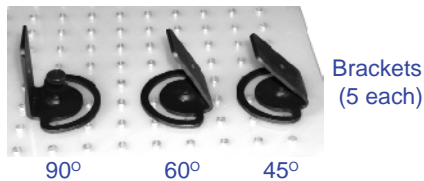
ARMS & HANDS - for improving access to activities with upper limbs.

EQUIPMENT & ACTIVITIES - quick and easy positioning of communication devices, eye gaze boards and symbols, books, toys, etc.



The full system of tray, blocks, straps, and attachment hardware is provided as a kit for evaluation purposes. Individual components are also available separately for individual needs. The many different features of components allow for a fully customizable positioning system.

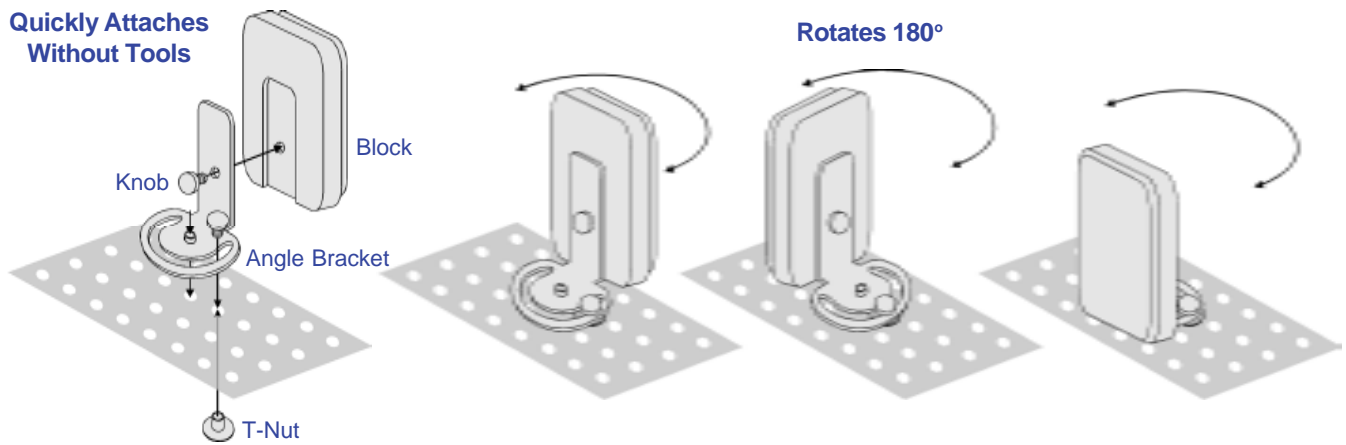
The tray has holes which allow for the blocks and brackets to be attached by hand, no tools needed. 3 bracket angles, all rotate 180 degrees. 6 blocks in different sizes. Hook and loop straps stick to blocks. White tray-shaped overlay can be trimmed as needed.



Blocks holding switches, arm, and communication device in position



**Quickly Attaches
Without Tools**



**Adapt-A-Tray
Complete Kit
32309**

The complete kit includes the following: Tray, Tray Overlay, Straps to attach tray to chair, 10 Blocks, 4 Straps to attach devices to the blocks, 15 Angle Brackets, 2 Arm Cuffs, Knobs with Washers and T-Nuts. Extra pieces also available separately.

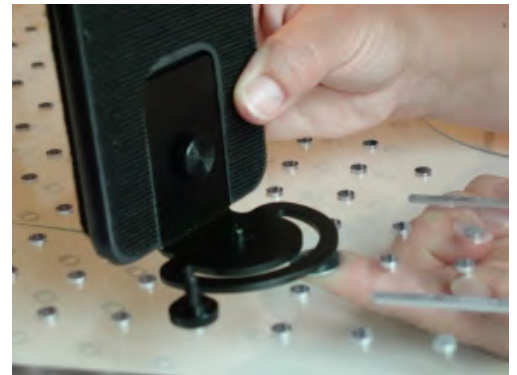
Adapt-A-Tray Individual Pieces			
45° Bracket with hardware	32326	3 1/2 x 3 1/2 Block	32332
60° Bracket with hardware	32327	3 1/2 x 6 Block	32333
90° Bracket with hardware	32328	6 x 3 1/2 Block	32334
Tray only	32342	6 x 6 Block	32335
Tray Overlay	32329	12 x 6 Block	32336
Arm cuffs	32330	12 x 12 Block	32337
Strap Kit	32338	Small Hardware Pack	32331

ADAPTATRAY: How to use the tray and cover

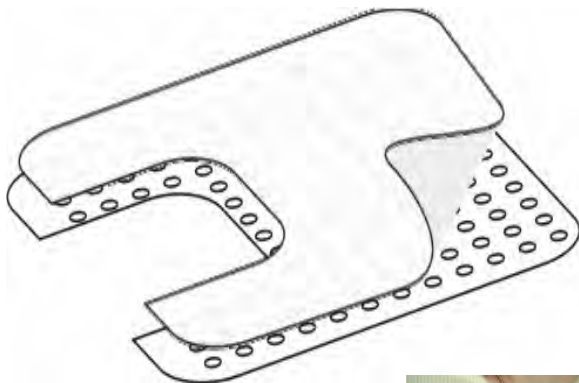
1. EVALUATION "Tray with holes for assessment"



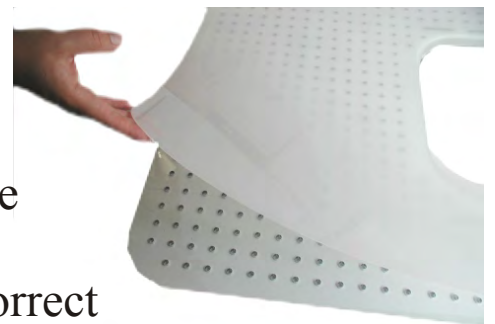
Try out a range of different blocks, brackets, angles and positions on the tray, using the large number of holes for a variety of placements. Make sure you provide cushioning or padding for elbows and hands where necessary during the evaluation while holes are not covered. Otherwise, you may wish to place a large sheet of paper over the holes as a quick and easy way of covering holes while having them still available for connecting blocks. The tray with holes is not intended to be a long term setup - it is for the purposes of evaluating positioning of blocks, arms and equipment.



2. IMPLEMENTATION "Tray with cover for use"



Once best block placement and angle have been determined, put the cover on the tray, make holes in correct place, place blocks on



tray and use the tray with holes covered, for day to day use. Make sure pressure points at elbows or hands are padded.

Overview of the AdaptaTray positioning system for access

The AdaptaTray system is a fully customizable, multifunctional system of blocks, brackets and straps which fit on a custom tray for QUICK AND EASY positioning arms, hands and equipment.



Patent Pending

Components

(Brief list shown here, see end of manual for detailed parts list included in the kit)



Tray with flexible cover



Brackets – 3 different angles



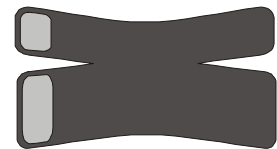
Blocks – 6 different sizes



Cap screws and T-nuts



Straps – various types for different applications



Adjustable arm cuff

Essential KEY POINTS

Blocks

Blocks are used on a tray to assist with positioning arms and hands to improve task performance.

Straps

Strapping may be used on a **temporary** basis for training and controlling random movement. Alternately, strapping is used for **limited times** during specific activities. Therapy / educational teams including the individual user should determine appropriate schedules of use. Strapping is NEVER used as a restraining or for controlling behavior!

Positioning

Blocks can be used for positioning limbs to: improve function, increase attention to task with tactile input from blocks and straps, reduce self injurious behavior (hitting self with hands, biting arms/hands etc.)

Evaluation

Blocks can be used for positioning equipment and activities optimally to improve access to activities, improve visual focus and attention, limit throwing / banging of objects, hold items stably on the worksurface in front of individual.

Precautions

The AdaptaTray kit provides a method of evaluation to determine the value of positioning using blocks on a tray. The tray with holes may be used permanently to allow for variations in position. Otherwise, holes may be drilled in any tray once placement of blocks has been determined. Components are available for purchase separately.

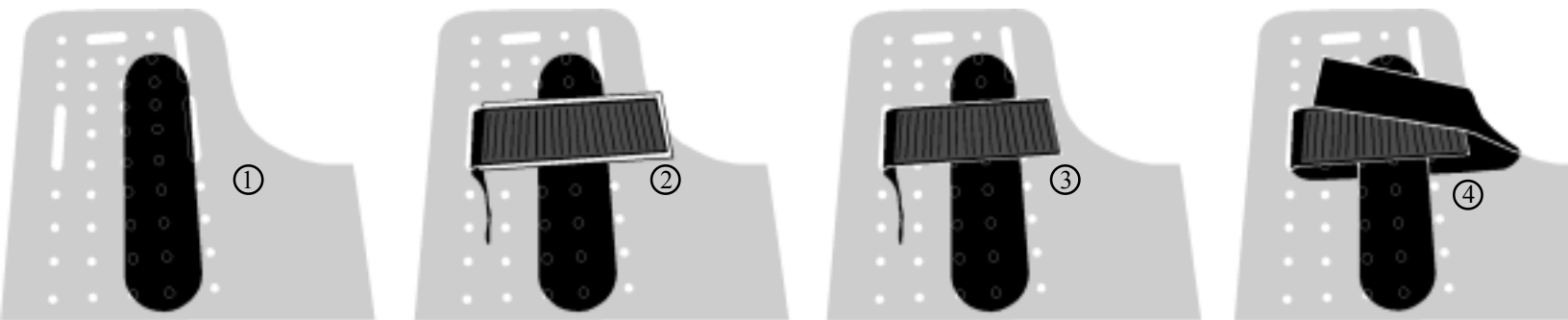
Support

As with any positioning device, splint or strapping, always check for pressure areas and safety. This system should be used under the supervision of a trained professional such as an occupational or physical therapist. Precautions should be noted and documented for the team to observe. Use padding on tray where necessary to prevent pressure areas.

For more information, customer support and ordering:

Connecting the Tray to the wheelchair

1. Sit tray on armpads. Determine the best placement for straps, depending on location of armpads and long slots in tray.
2. Thread strap through slot, with the paper end towards center of tray.
3. Trim strap as needed. Peel off paper and stick strap to tray.
4. Wrap strap under armrest and around to top of tray. Press hook and loop together. Trim end of strap if desired.



Connecting blocks to brackets

Brackets with a small pin through the half circle are used as individual brackets for small blocks (with place for one bracket only.)



Place bracket into slot on back of block. Connect block onto bracket with bolt



*No tools needed.
Quick & Easy!*

Connecting bracket to tray

Placement of blocks and components on the tray in front of the user is a vital part of the success in positioning using this block and strapping system. Some positioning will require straps, while other positioning of arms and equipment will be without straps. Use your judgment for initial placement of blocks on the tray. The blocks are very quickly and easily positioned. You will probably need to reposition blocks a few times during your evaluation of function and effectiveness of each position tried.

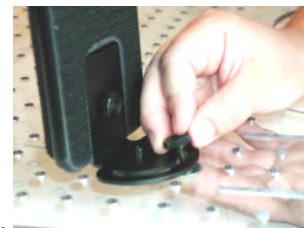
1. Hold bracket in the desired position by placing pin of bracket into hole
2. Place a T-nut under the tray in the position required to secure bracket onto tray
3. Hold the bracket at the desired rotation position and screw a bolt into the T-nut to hold the bracket securely on the tray.
4. The bracket can be easily rotated by loosening the bolt, rotating, and tightening again.



1.



2.



3.

Connecting large blocks to tray



Large blocks require two brackets for stabilization on tray.

Connect one bracket with a pin onto the large block (shown on left of diagram). Connect second bracket without central pin. This second bracket can be attached anywhere on the tray to provide an additional attachment point.

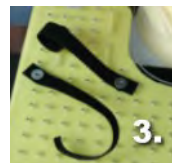


Using arm cuffs to stabilize and control movement

1. Locate the join between the two straps on the arm cuff. Place the join along the inside of the elbow, with the thicker part of the arm cuff on the forearm. The 'fluffy' hook fabric should be on the outside of the strap (not against the skin).
2. Wrap the top band around the upper arm and connect the hook and loop securely.
3. Wrap the bottom, thicker, strap around the forearm securely and connect the hook and loop.
4. Ensure that the individual can flex and extend the elbow freely with the arm cuff attached. Do not strap too tightly.

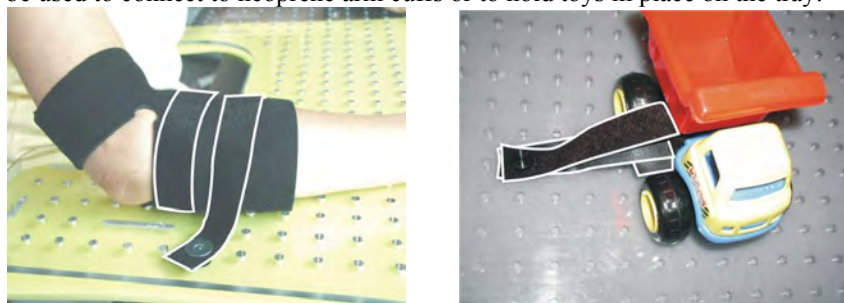


Using straps on the tray



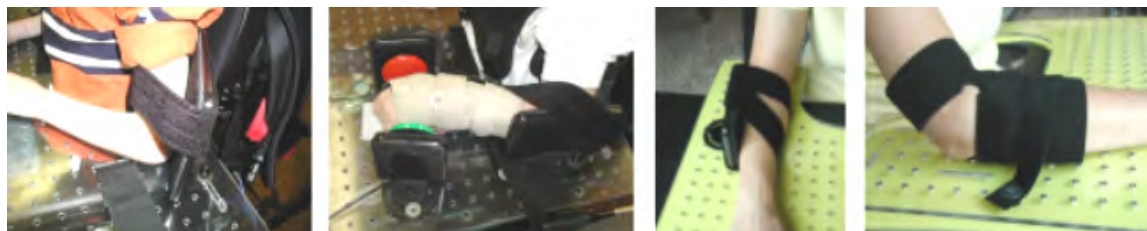
1. One wrap strap with hole: One wrap strap has hook material on one side, loop material on the other side. When looped around, it sticks to itself. Specific length straps are provided with the AdaptaTray kit. Additional strapping can be purchased separately.
2. Attach the one wrap strap to the tray using a bolt and T-nut. You need to determine if the hook or loop side should face down depending on what you want to strap. If strapping onto arm cuffs (as shown below), then hook material needs to face down onto tray.
3. Attach one or more straps using the bolts and T-nuts (depending on what is to be strapped e.g. toy, limb...)
4. One wrap straps attached to tray can be connected to each other to form loops for strapping arms or toys. Alternatively, they could connect directly onto any object that has hook or loop material on its surface.

Straps on the tray can be used to connect to neoprene arm cuffs or to hold toys in place on the tray:



Using blocks with and without straps for joint control and stabilization

WITH STRAPS:



A hook surface on the back of each block allows for a wide range of strapping options. Strapping may be used therapeutically or for functional reasons.

The following are possible reasons for strapping:

1. **IMPROVE CONTROL AND FUNCTION:** To stabilize joints for the goals of improving hand function and limb control. Strapping at the elbow may stabilize the elbow joint and result in more control of the hand.
2. **REDUCE PAIN:** Strapping loosely or tightly, with padding where required may assist with reducing joint pain in individuals who have joint deformity with tone fluctuations and random movements or abnormal posturing.
3. **MAINTAIN POSITION:** Arms and hands can be strapped to help maintain the hand or arm in proximity to the activity. This allows for more focus on the activity and often reduces the need for effort in terms of limb control for activity.
4. **REDUCE SELF INJURIOUS BEHAVIOR:** Children who bite their arms / hands or use hands to hit themselves can be positioned so as to allow for activity and use of hands, but with limits on range of movement to prevent self injurious behavior.

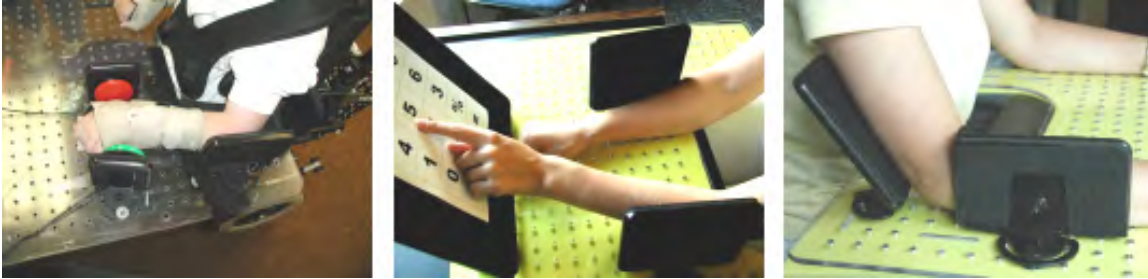
Strapping can be tight or loose. **TIGHT** strapping may assist with extremely poor function and random movements. **LOOSE** strapping can maintain an arm or hand in close proximity to the activity and promote tactile contact and focus on the activity.



Strapping in this manner is **NEVER** considered a **restraint system**. It is used periodically, during specific activities. It is often used as a training aid. It can help compensate for random or poorly controlled movements. It is quickly and easily removable. It should be considered an assistive aid and therapeutic positioning method.

Always ensure that there are no pressure areas when an arm is strapped. If the arm is strongly strapped onto a tray, ensure that the tray is well padded with non-moveable padding at the elbow. Always check for potential pressure areas when limbs are strapped!

WITHOUT STRAPS

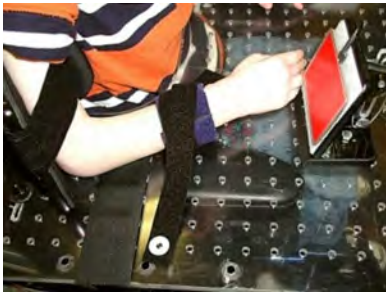


Blocks can be positioned anywhere on the tray to assist with positioning limbs and maintaining arms and hands in place. Straps may not be necessary for positioning.

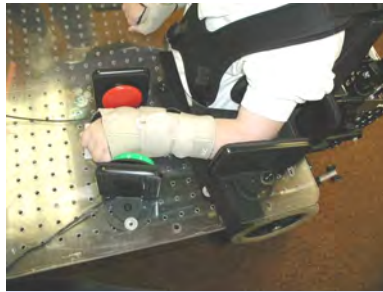
Applications: Ideas and Examples of how to use the AdaptaTray system for positioning

Positioning for:

LIMBS, ARMS, HANDS



Right elbow block with strap & forearm cuff with tray strap holding hand in place to activate switch



Lateral elbow block on side of tray, no strap, to minimize chance of arm falling off side of tray and keep arm and hand on tray



Left elbow block with strap to eliminate large random movements of arm

LIMBS, ARMS, HANDS



Two blocks on either side of forearm with strapping over the top from one block to the other. This allows for good range of movement with the activity for pointing and manipulation / exploration activities while still maintaining the hand and arm in proximity to the activity.



Neoprene arm cuff attached to upper and lower arm. One wrap straps connected to tray with Thumb screw and T-nut. Straps connect to arm cuff to limit movement at elbow but allow for movement of hand and forearm.

ASSISTIVE TECHNOLOGY SWITCHES



Small switch held securely upright in front of student



Large switch held in place behind elbow



Small voice output device held at elbow

COMMUNICATION DEVICES



Large communication device securely positioned at 60 degrees in front of student



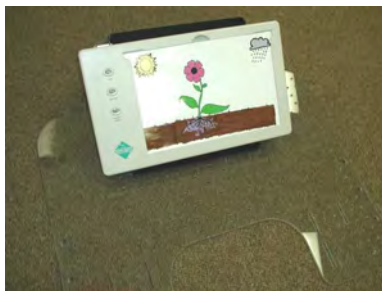
Small communication device strapped onto block



Small voice output device strapped securely onto angled block in front of student

ASSISTIVE TECHNOLOGY KEYBOARDS

Keyboards of many shapes and sizes - expanded and mini keyboards can be positioned at 45 and 60 degree angles



Front view of expanded keyboard on block at 45 degree angle



Back view of expanded keyboard on large 12"x12" block

TOYS, BOOKS, FLASH CARDS



Flash cards velcroed directly onto block for quick removal and repositioning



Book held at 45 degree angle



Sensory toy positioned securely on upright block for exploration

Individual Parts List:

Description	Part #
Tray with holes	32342
Overlay for tray	32329
45 degree attachment bracket w/hdwr	32326
60 degree attachment bracket w/hdwr	32327
90 degree attachment bracket w/hdwr	32328
Small hardware pack	32331
3-1/2 x 3-1/2 Block	32332
3-1/2 x 6 Block	32333
6 x 3-1/2 Block	32334
6 x 6 Block	32335
12 x 6 Block	32336
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