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The influence of TheraTogs garment on a child with ASD: A case report

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Background: Autism spectrum disorder (ASD) is a prevalent neuro-developmental disorder frequently presenting with motor impairments, sensory processing disorders and atypical behaviors. The complexity and diversity of ASD typically calls for individualized tailored interventions. One potential intervention is TheraTogs™ orthotic undergarments, which have been clinically found to show positive effects on posture and motor function in children with special needs.

Aim: To explore the feasibility and effect of TheraTogs™ as a supplementary therapeutic modality on motor, sensory and behavior of a child with ASD.

Participant: A 68 month old child with ASD presenting with hypotonia, poor postural control and coordination, a significant motor delay, severe sensory modulation problems and bizarre behaviors.

Procedure: Motor, sensory and behavioral evaluations were performed before and after a TheraTogs™ intervention for four months.

Results: Improvements in the measured domains, especially locomotion and object manipulation, sensitivity threshold and prevalence of atypical behaviors, which consequent improvement in self-confidence and social engagement were observed for this child.

Conclusions: According to the current case report, the TheraTogs™ intervention was found to be useful in targeting several primary and secondary ASD symptoms. Our findings provide possible support to the introduction of TheraTogs™ as a part of individually tailored physical therapy interventions for the child with ASD. As our findings were based on single case report, further investigation of TheraTogs™ impacts in ASD is warranted.

Biography

Meir Lotan, MSc PT, PhD is a Physiotherapist working as Senior Lecturer at the School of Health Sciences, Department of Physical Therapy, Ariel University, Israel. He is affiliated with the Israeli National Rett Syndrome Evaluation Team and is a world expert in Physical Therapy for Rett syndrome. He has a special interest in physiotherapy and persons with intellectual disability, children with autism, Snoezelen and physical activity for people with intellectual disability.

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