

## Weighted Vest

### Introduction

A weighted vest helps provide the body with additional input to the muscles and joints, which provides the proprioceptive system with more information. Very often individuals with Autism Spectrum Disorder, Sensory Processing Disorder, ADHD, and other neurological challenges respond well to either weight or pressure.

The Abilitations® Weighted Vest is designed to allow the caregiver to tailor the distribution and amount of weight appropriate for the wearer.

### Product Use

First determine the following: How much weight is appropriate for the wearer and how long should the vest be worn? Research suggests a maximum weight of 3-5% of the individual's weight as a good starting point. Every person's system is different; close supervision and experimentation will help determine the ideal weight.

**Be sure to consult an Occupational or Physical Therapist for best practice recommendations and use.**

Start with the vest on for 20 minutes, then remove it for 90-120 minutes. Continued experience with the vest, the results you're seeing, along with the wearer's specific needs and preferences will guide you to the right amount of on/off time for them.

There are eight internal pockets to hold the desired weight. Separate the front of the vest from the back, locate the pockets, and add the amount of weight appropriate for the individual. Even distribution of weight in the pockets is recommended, unless there is a specific reason for adding weight unevenly (consult your therapist).

Hook and loop closures in the back of the vest prevent accidental removal. Place the vest on the individual and adjust the overlap of the shoulder and side closures for a snug, but not tight, fit. This will reduce the pressure on the shoulders.

The length of the vest can be shortened to fit a variety of heights. To shorten, lay the vest on a flat surface, fold the bottom section (containing the weights) toward the shoulder straps, and secure under the provided strip of hook fastener on the inside of the vest. Do this with both front and back panels. This will hold the vest securely until you wish to lengthen the vest or change weights.

### Care Instructions

- **Remove all weights prior to washing.**
- **Securely fasten all hook-and-loop closures before washing.**
- Machine wash in cold water on delicate cycle.
- Hand-wash by soaking and rinsing in cold water.
- Turn inside out to dry.

