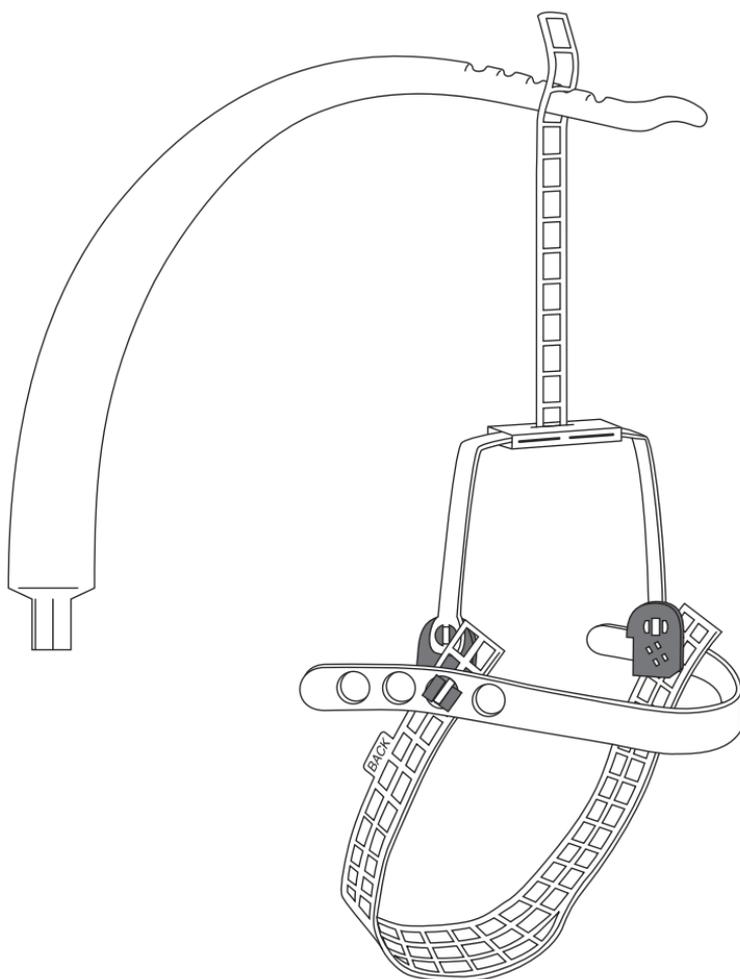


# Headpod<sup>®</sup>

PATENTED

“Dynamic Head Suspension”

[www.headpod.com](http://www.headpod.com)



ENGLISH

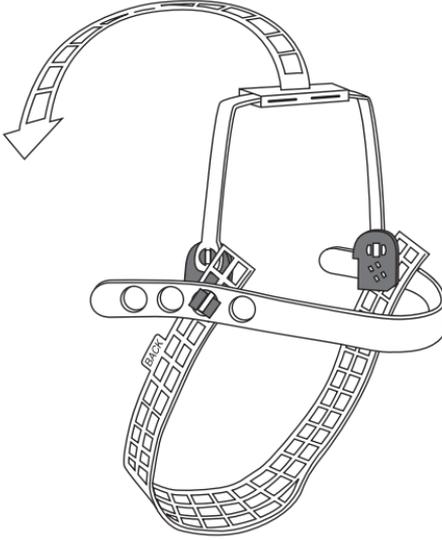
CE

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**KIT CONTAINS (HP101, 102, 103, 104)**

**BAG 1:**

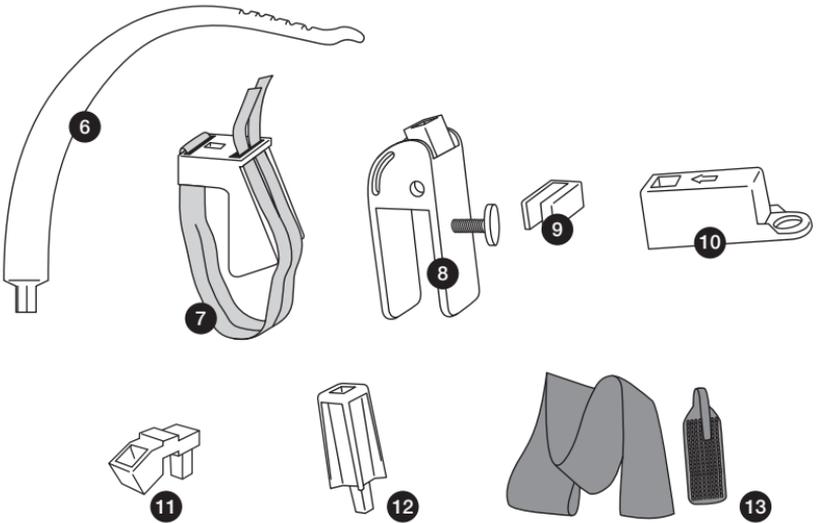
One adjustable arc\*



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**BAG 2:**

Suspension arm (6) / Adapter A (7) / Adapter B (8) / Asymmetric wedges (9) / Adapter C universal (10) / Angle modifier (11) / Extender (12) / Anti-slip strap (13)



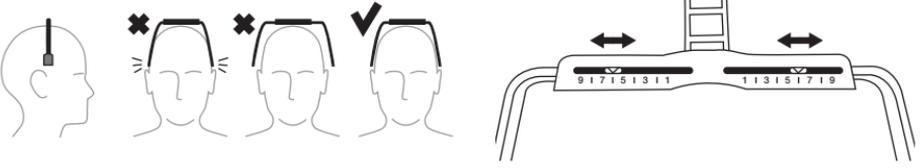
\* The MINI KIT (HP102) contains a mini arc (maroon) and a small arc (green) instead of the adjustable arc.  
The PRO KIT (HP103) contains a non-adjustable arc in addition to the adjustable one.  
The MAX KIT (HP104) includes a complete adjustable headrest.

# Adjust Headpod® before first use

Please follow the steps carefully.

## STEP 1. Arc

Adjust both sides of the arc symmetrically so that it can be fit around the head without touching the sides of the head. We recommend leaving a 0.5 cm gap (0.2 inch) on both sides of the head.



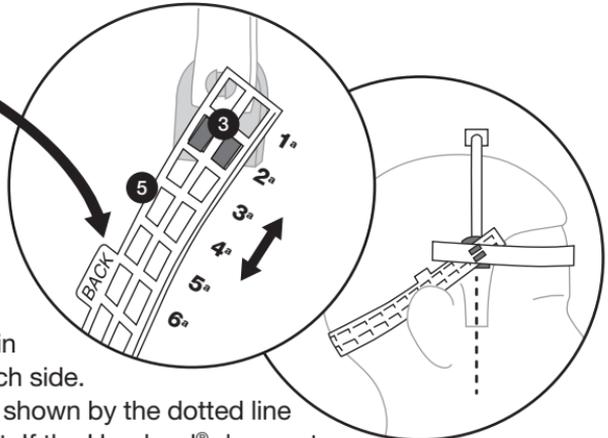
The MINI KIT (HP102) contains two rigid arcs (mini and small), instead of the adjustable arc. Choose the one that best fits the child's head.

## STEP 2. Adjust the occipital mesh (5)

Assemble the occipital mesh on both sides of the arc. To do so, use the two lower protruding orange parts (3). As a guide, if the head is big, use the first or the second row of paired holes. If the head is medium sized, use the third or the fourth row, and if the head is small use the fifth or sixth row.

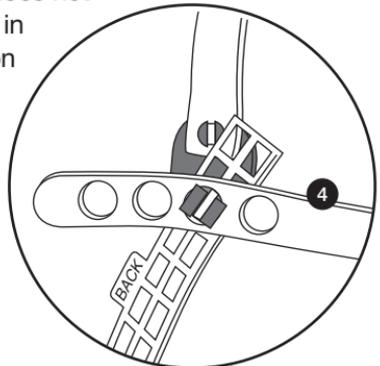
**IMPORTANT:** Be sure that the word **BACK** is facing the back as shown, and that once the Headpod® is in place, the orange parts of the arc should rest behind the temples, about two centimeters (2/3 inch) in front of the ears on each side.

The correct position is shown by the dotted line in the figure to the right. If the Headpod® does not fit as shown, choose another pair of holes in the occipital mesh until the desired position is achieved.



## STEP 3. Adjust the frontal strap (4)

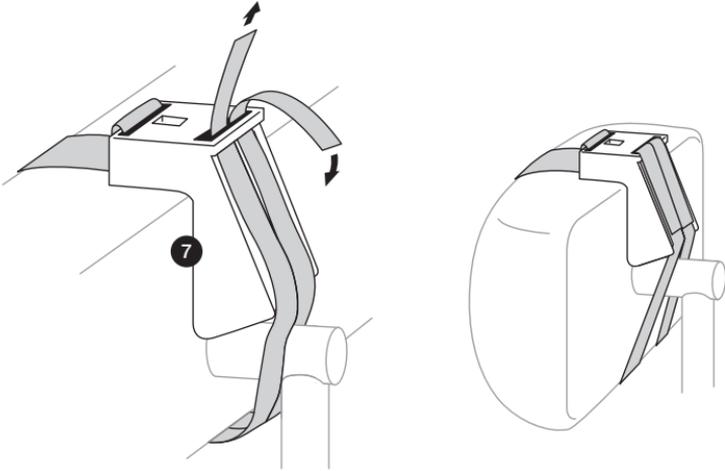
To attach the frontal strap, use the same two protruding orange parts as for the occipital mesh, and adjust its position to fit the contour of the forehead.



## STEP 4. Install the adapter

### Adapter A: for wheelchairs with headrest

If the seat has a headrest use this adapter (7) as shown in the figure. Firmly tighten the straps upward before adhering to the Velcro so that the upper surface of the adapter remains horizontal and stable when in use. We recommend leaving the headrest adapter permanently in place, to extend the life of the Velcro strap.

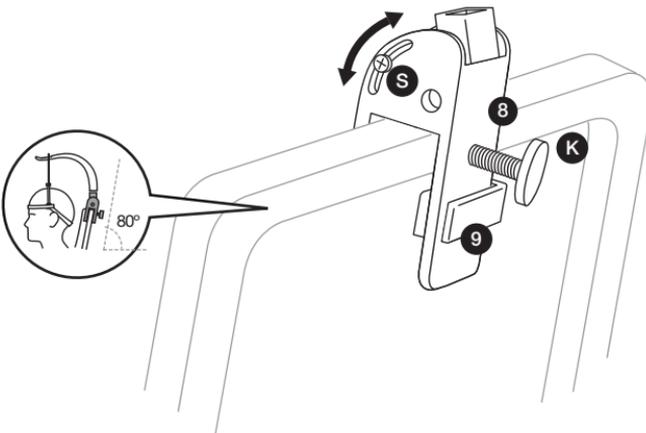


### Adapter B: for chairs with a rigid back

Use this adapter (8) if your chair does not have headrest but a rigid backing. Place the back of the chair in a nearly vertical position (approx. 80°). Adjust the angle of the adapter by moving the screw from one hole to another, to ensure that the suspension arm is always horizontal.

To avoid a lateral slippage of the adapter, we recommend attaching it firmly and directly in contact with the hard surface of the back of the chair, and not over its external surface. Place the adapter over the back rest, and carefully adjust knob (K), being sure not to over-tighten.

Two asymmetric wedges (9) are included, for a tight fit on the back.

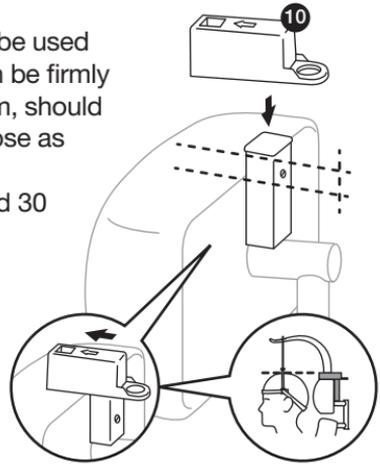


### Adapter C: universal

This adapter (10) has been designed to be used when none of the previous adapters can be firmly fixed. A square metallic tube 15 x 15 mm, should be previously installed in the chair as close as possible to the rear edge of the back or headrest and protruding between 25 and 30 mm above. Ask your orthopaedic technician or assistive tech provider about installing this piece (not included in the price of Headpod®).

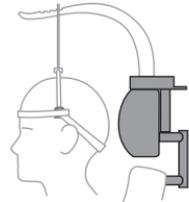
Select one of the two positional options of the adapter to be inserted on the tube. The adapter should be approximately the height of the upper edge of the user's head.

If preferred, you may purchase the tube and mounting bracket kit (ref. HP407).



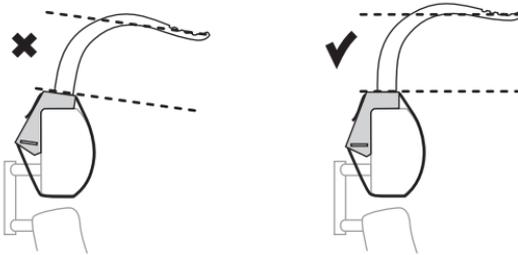
### IMPORTANT:

If none of the previous adapters achieve a proper mounting for the device, we recommend purchasing the adjustable headrest (ref. HP406), specifically designed for use with the Headpod®. This headrest is only included in the MAX KIT.

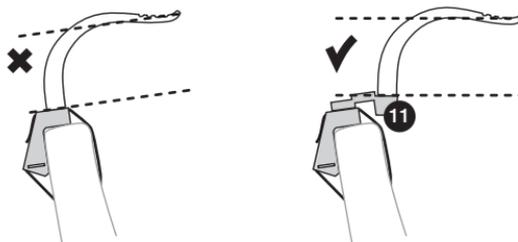


### PLACE THE SUSPENSION ARM

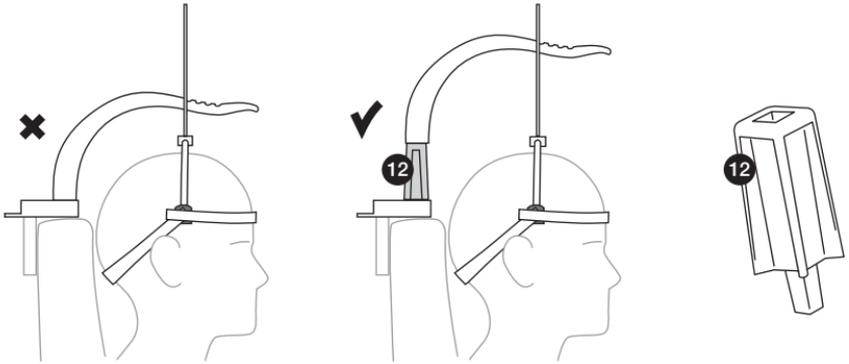
The correct position of the suspension arm is more or less horizontal.



If it is displaced, insert the angle modifier (11) in the adapter to improve the horizontality.



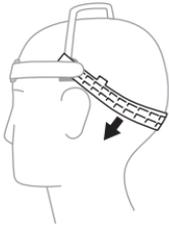
Use the extender (12) only in cases where the suspension arm is too close to the top of the head, that is to say when you are using any of the last three steps of the scaled rubber strap.



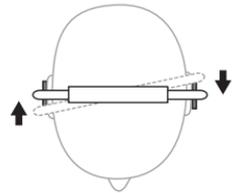
## Daily use of Headpod®

The steps above are only required before first use. For daily Headpod® use follow these steps:

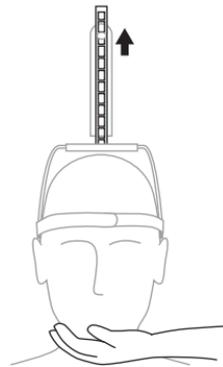
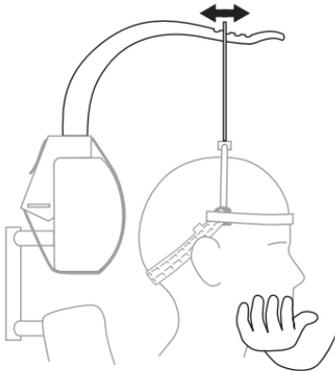
**1** Move the occipital mesh downward as close to the ears as possible without going on top of them.



**2** Be sure the arc is parallel to the user's forehead.

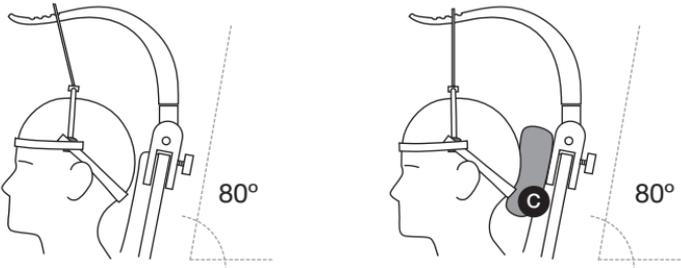


**3** While holding the chin with one hand, hang the scaled rubber strap on the suspension arm at a height that keeps the head in a vertical position, without pulling upwards on the neck.



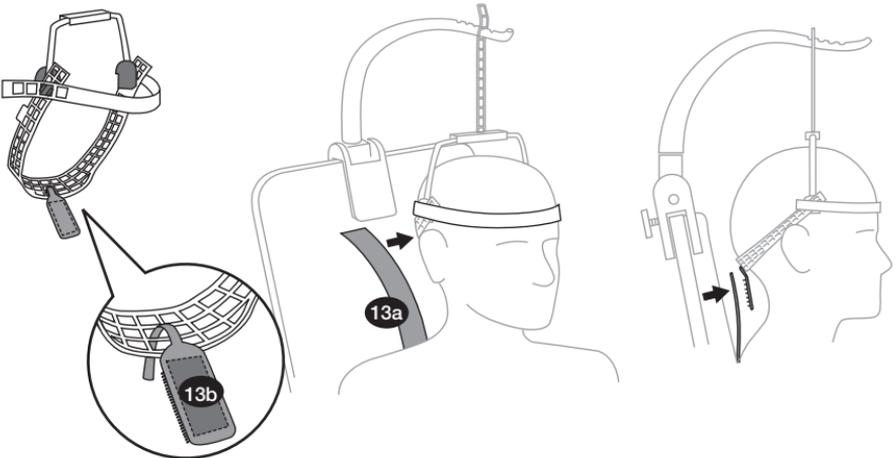
The head should not lean forward (hyper flexion) or backward (hyper extension). To avoid this, move the scaled rubber strap along the suspension arm as indicated in the illustration by the horizontal arrow to achieve the desired position of the head. Using the front part of the suspension arm the user will have a better ability to look down, and vice versa.

If the head falls to either side (lateral flexion), hold the chin again and move the scaled rubber strap up another rung, as indicated in the illustration by the vertical arrow. By doing so, the correct position of the head can be achieved. In order to prevent hyper-extension in the neck, **set the backrest of the chair in a nearly vertical position (approximately 80°)**. If the problem persists, place a small, semi-rigid cushion between the user's head and the backrest of the chair (C).



## If Headpod® Slips and Comes Off

In this case, we recommend the use of the occipital anti-slip strap. This strap is made up of two elements (13a and 13b), and should be placed between the user's back and the backrest of the chair. The strap (13a) should be placed in the backrest of the chair so that the user's weight holds it firmly in place. Then, attach one side of the Velcro piece (13b) to the central hole in the occipital mesh, and join its rear side with the anti-slip strap.



If Headpod® still slips or comes off, you may purchase a chin strap (ref. HP307), which will prevent Headpod® from coming off.

## Who is Headpod® For?

- **Headpod® is the best solution** for children between 2 and 14 years unable to sustain the weight of their own head owing to weak neck muscles (low muscle tone). This happens for example in some types of cerebral palsy and any illness or syndrome causing hypotonia in the neck muscles.

Being a dynamic system, the result of Headpod® depends on several factors, and that is why in children over 14 years, and especially adults, the success rate decreases by the greater weight of the head and deformities or abnormalities in the position to be developed over time. In these cases we recommend the patient to be evaluated previously by a professional therapist trained in the use of Headpod®.

- It is not usually indicated for people with Amyotrophic Lateral Sclerosis (ALS) owing to the kyphosis and the severe dysphagia that usually present. It is not recommended for use in children or adults with a great deal of extensor tone, tendency to hyper extension of the neck or trunk, or those presenting musculoskeletal deformities such as kyphosis, scoliosis or severe contractures of the neck muscles.

No known side effects have been detected from the use of Headpod®.

## Recommendations for use

- Always use a harness to hold the torso properly upright. Use whenever possible a four point clamping harness.
- If the user has long hair, we recommend collecting it in a “bun” and situating the occipital mesh below it.
- Start out by using Headpod® during meals and during rest periods when there are only few people around. Avoid stress situations that may make the user nervous.
- Not recommended for daily use in excess of 6-8 hours, except in children with severe hypotonia, who clearly benefit from extended use.
- Reduce the time of use if red marks from wear do not disappear an hour after use. Some people, especially users with dermatitis, may have increased sensitivity to pressure by the device on the forehead.
- Because the Headpod® can move if incorrectly fitted, do not leave the user unattended, especially if the user is a person who is unable to communicate verbally.
- In adults: we recommend reclining the chair back a little bit, and to use Headpod® for limited periods of 30-60 minutes like mealtime, computer activities. Generally, we recommend reclining the backrest more for adults than for children (approx. 60°-70°).

# Maintenance

Keep Headpod® in a clean and dry place.

Do not expose to temperatures above 50° C or expose to sunlight for prolonged periods of time (behind glass or exposed directly).

Rubber parts and plastic can be washed with warm water and soap.

This device has a limited lifespan and must be replaced with original parts when it shows signs of evident deterioration.

Does not contain latex.

# Warranty

Headpod® has a 2 year warranty from the date of purchase for defects in materials or manufacturing. The warranty does not, in any case, cover improper use or natural wear and tear.

Remember to save the invoice with the date of purchase in order to use the warranty.

Siesta Systems S.L. is not liable of the errors or omissions that could be included in this manual, and reserves the right to change its specifications without prior notice.

# www.headpod.com

We recommend you to visit our website where you can find useful tips, video demonstrations and extensive product information.

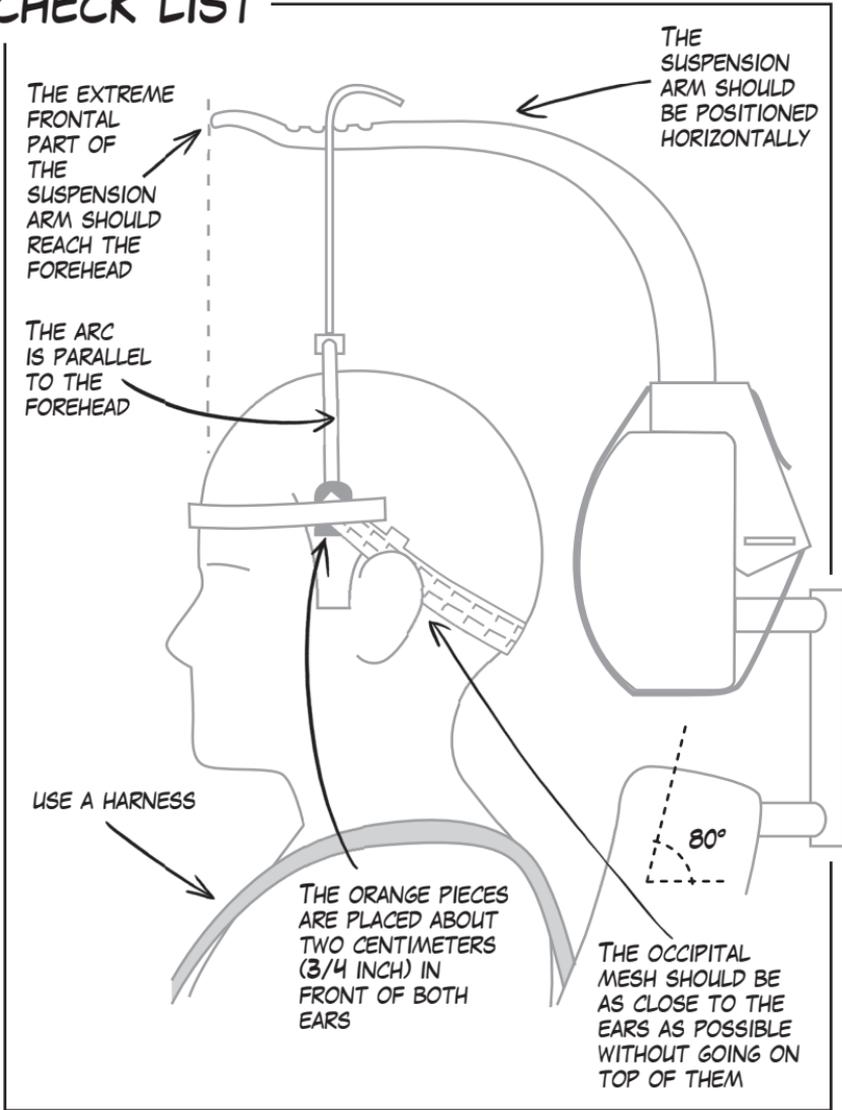
**Video:**



**Course:**



# CHECK LIST



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Headpod® is a CE certified and  
FDA registered device, invented,  
developed and patented  
by Siesta Systems S.L.

