

Side Lying Positioning System



- The ultimate in comfort and support for all side lying needs
- Ultimate client comfort at a valuable price point
- Perfect for pregnancy massage, sleep apnea, and anyone who needs to maintain a side-lying position.
- Expand your massage offering & grow your practice
- Each component can be used independently or as part of the system.

This new product, developed with the help of top pregnancy massage instructors, is designed to offer comfortable support for everyone who needs to be in a side lying position. There is no other system on the market specifically designed to take into account all areas of the body in the side lying position, and the focus on this one position makes this the most comfortable option on the market. The system can also be used to create a semi-reclining position with support up to 45 degrees.

Made with Oakworks proprietary super soft Aero-Cel padding and TerraTouch 100% polyurethane fabric to insure your clients comfort. 2 year warranty.



- **Head rest:** features super soft Aero-Cel padding on the top and a specially designed cut away to allow it to be positioned very close to the torso cushion section. This insures good alignment and support of the head and neck to allow complete relaxation.
- **Torso Cushion:** Designed to be used under the client, it features a multilayer foam system with super soft Aero-Cel foam layered on top of a lower level designed to cradle the client and create a stable position in the middle of the pad, many times not requiring any wedges for support. The super soft upper layer conforms to breasts and bellies better than anything on the market. This raised section takes pressure off the shoulder and hip, areas typically very sensitive during pregnancy.
- **Leg Cushion:** designed to cradle the lower leg if used between the legs, offer generous support in either this position or when positioned on the table, and is made of incredibly soft Aero-Cel padding.
- **Adjuster wedge:** designed to offer just the right amount of support when needed under the belly or behind the back, or anywhere a little lift and stabilization are needed.
- **Pillow cover:** made of matching material allows you to use a regular pillow without concerns about hygiene. A pillow is great under the upper arm to insure good support and minimize lymphatic drainage issues, or any place where a little more support is needed.

OAKWORKS®

SIDE LYING POSITIONING SYSTEM

The ultimate in comfort and support for all side lying work.

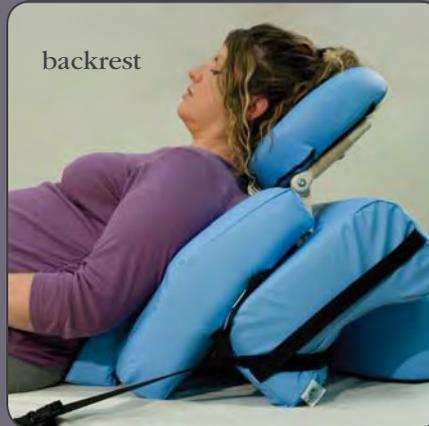
instructions & positioning tips

side lying



THE SLP SYSTEM INCLUDES:

- Head Rest
- Torso Cushion
- Leg Cushion
- Adjuster Wedge
- Pillow Cover
- Strap



Toll Free: 800.558.8850 • Phone: 717.235.6807 • www.oakworks.com

Made in
the USA
with US & imported parts



OAKWORKS®
Bodies Talk. We Listen.

GETTING TO KNOW YOUR SLP SYSTEM



HEAD REST:

The head rest is designed to be just about the perfect height for most people. It features a super soft layer of foam on top. The unique shape that supports the neck and head while reducing pressure on the shoulder joint and giving the lower arm room to move. A Velcro® strip underneath allows you to position the head rest at just the right distance from the torso cushion and move it side to side.



LEG CUSHION:

The super soft Aero-Cel foam in this cushion, coupled with its generous size help to create a substantial foundation of support for the upper leg and foot. A pillow can be added to raise the leg higher if needed to insure good alignment. The cut away on the bottom face gives you the flexibility to use between the clients legs, or it can be turned over and used for the support of one leg at a lower height.



TORSO CUSHION:

The unique torso cushion is designed to comfortably cradle and stabilize the upper body while relieving pressure on the shoulder and hip. Featuring breast recesses to minimize pressure on breasts and super soft Aero-Cel foam to conform to the body, the tapered design works well with most people without adjustments. There is a strap underneath which connects to the head rest and two side handles used for positioning. Two sets of loops underneath are used to install a head rest when the system is used as a backrest.



ADJUSTER WEDGE:

Designed to offer that little extra bit of support wherever it is needed.



STANDARD PILLOW COVER: (pillow not included)

A hygienic alternative to a pillow case alone, the cover is ready for you to stuff it with any type or size pillow you want depending how firm you want it to be.



STRAP:

The adjustable length strap is used to secure your cushions in the backrest position on portable tables and for carrying and keeping the pieces together when not in use.



POSITIONING PEOPLE ON YOUR SLP SYSTEM

SIDE LYING POSITION

The best idea is to first understand positioning without draping. Note that left or right side lying positioning can be accomplished in the same way. We recommend that you practice on friends until you are comfortable using the SLP System.



HEAD REST:

The goal is to have the head rest as close to the torso pad as possible without pinching their arm. For most people having the head piece a few inches away from the torso pad is best. Add an additional thin pillow or towel if needed to raise the height with very broad shouldered clients.



TORSO CUSHION:

The torso pad should be located about one foot from the end of the table and near the edge of the table where their back is. It is important that the person be centered on the midline of the pad with their arm as shown to maximize comfort and stability. For breast comfort, some women will prefer the pad to be closer or further from their armpit. Clients will become more comfortable as they sink in over the first minute or two.



ADJUSTER WEDGE:

The adjuster wedge is designed to be used anywhere where extra height or support is needed. Here it is shown offering more support under a pregnant belly. It is also very effective when used for supporting the lower back or pelvis, or raising the leg bolster to create better alignment.



LEG CUSHION:

After the client is comfortable with the torso cushion and head rest position place the leg cushion under the uppermost leg with the thigh completely supported. Add a pillow or use the wedge under the leg bolster if necessary to get the knee level with the hip. The cut away on the bottom face gives you the flexibility to use between the clients legs, or it can be turned over and used for the support of one leg at a lower height. It should support the leg and the foot as shown.



PILLOW:

Put a standard or larger pillow in the pillow cover (larger pillows offer more support) and use it wherever support is needed. Here the pillow is being used to help support the arm and hand and avoid excess fluid pressure in the hand. It can also be used for extra support under the tummy, on the headrest, behind the back, under the leg, etc.



POSITIONING PEOPLE ON YOUR SLP SYSTEM

BACKREST POSITION *If you anticipate that you might want to use this feature, you must first install the strap system on the table. Do this before the client gets on. On Oakworks tables, it can be installed easily while the client is on the table due to the additional space between the two table halves.*

Additional items required - You will also need an adjustable face rest to be used as a head support.

STEP 1 - ATTACHING THE STRAP:



Before your client gets on the table, lift your table a little to create a gap between the two table halves. Slide the long strap in from the side of the table and pull up. Make sure that the rectangular retainer is pulled up against the bottom of the frame for security. Repeat this step on the other side with the shorter strap. When you level out the table, the webbing will stay in place for later use.

STEP 2 - SETTING UP THE BACKREST:



Place the Torso Cushion as shown on the table, followed by the Leg Cushion (draped with a king size pillow case). Slide the long strap through the handles on the Torso Cushion and Head Rest (draped with a Standard size pillow case) as shown. Then attach the buckle to the short strap on the other side of the table. The strap will be looped around the torso and leg cushion, adjust as needed.



CAUTION:

Be sure that the strap comes out over the table half from the gap between the table as shown.

STEP 3 - HEAD SUPPORT:



Install an adjustable face rest in the two loops provided in the Torso Cushion, and adjust the face rest to support the clients head comfortably. Reversing the face rest crescent pad to offer cervical support is best. If your face rest does not have 8" on center dowels that fit in the loops, just insert them between the torso and leg cushions. You may also use a pillow between the face rest crescent pad and the client.

STEP 4 - POSITIONING YOUR CLIENT:



Have your client slide back against the pads and compress them a little. Use the adjuster wedge for lumbar support. Shortening the strap creates a more upright position.

After they lean back, check the following points of client alignment, and adapt as needed:

- Is the lumbar spine fully supported?
- Is the entire spine aligned, including the upper torso and neck?
- For pregnant women: Is the entire torso supported from hip joint to head at a minimum of 35° from the table top?

SEATED POSITION

Additional items required - You will need an adjustable face rest to be used as a head support.

The torso cushion and your head rest can be used as a seated support.

Have the person sit on a chair or stool next to a table. If possible, adjust the height of a stool up so their legs just fit under the table.

The torso pad has two sets of face rest loops, choose which end of the torso pad you want up, and then install your face rest in the corresponding loops.

Have the client move close to the table and place the torso cushion and face rest in front of them. Adjust the face rest for comfort as they lean forward and put their forearms on the table.



DRAPING YOUR SLP SYSTEM

Getting the draping right makes all the transitions a snap and insures that your client never touches anything but clean sheets. Start with your normal table preparations. Include an additional flat sheet and pillow cases. This draping method makes transitions from side to side or to a backrest position easy.



PILLOW CASES:

The leg cushion fits a king size pillow case. The pillow and headrest will each fit in standard pillow cases. Place the opening of the pillow case on the head rest on the bottom so the Velcro® can be used for attaching it to the torso pad.



EXTRA FLAT SHEET:

Fold this extra sheet to a width to completely cover the torso cushion and then tuck any excess length under the torso pad. This makes the transition to a back rest position very easy.



Place torso cushion on table about 1 foot from end & aligned with back side.

Lay extra sheet over table & torso cushion. Fold top end of sheet down to edge of torso cushion as shown, still covering entire torso cushion.

Tuck excess under the torso and attach Head Rest to the torso cushion adjustment strap.

TRANSITIONS:

TO BACKREST:

Remove the leg cushion from under the client. As she sits up, help her to hold the cover drape over her. Ask her to wait while you move the Torso Cushion and place the cushions in the backrest position described on page 3. Place the wedge in the lumbar section. Take the excess sheet and pull up over the assembly as shown. Adjust the head rest to offer good cervical support. You may also use the pillow on the face rest platform.



FROM SIDE LYING ON ONE SIDE TO THE OTHER (not pictured)

Remove the leg supports and any additional pillows. Ask her to push up to a seated position as you help her to secure the drape around her. Simply slide the covered head rest and torso cushion to the opposite edge of the table. After she settles to her other side, replace the leg support, and any additional pillows as needed.

TRAVEL



Using the loops on all Side Lying Positioning System elements, attach the strap to create an easy to carry kit.



An optional carry case is also available to help keep your SLP System clean and portable.

CARE & CLEANING

In order to maintain your product's quality, we have tested several preventative steps you can take to protect the upholstery fabric.

Here are a few suggestions in caring for your upholstery fabric:

- DO NOT store your upholstery fabric-covered accessories in temperatures below 32°F/0°C or above 95°F/35°C. Extreme hot and cold temperatures will damage the upholstery fabric. Some potential results are cold-cracking, brittleness and upholstery fabric stretching. Be sure to take your product out of the trunk of your car during extreme heat or cold. And, always keep your table away from heaters, electrical appliances and direct sunlight.
- We offer carrying cases to protect your product against scuffs, scrapes and punctures when travelling.
- Clean your upholstery fabric as needed. We recommend cleaning your upholstery fabric with a mild detergent to protect it against oil stains and dirt which will cause cracking and permanent stains over time. Household products you can use include a 4:1 diluted solution of 409® cleaner, Fantastik® or any non-abrasive with a non-alcohol content. Products with a high alcohol content, when used over time, will dry and eventually crack your upholstery fabric.

OPTIONAL ACCESSORIES



QUICKLOCK™ FACE REST

Our best-selling face rest is an invaluable support option, providing superior access with optimum comfort. The double articulating adjustability ensures a perfect fit for all body types and even helps in positioning clients with cervical injuries. Available in Black or Vanilla platform.



ADJUSTABLE FACE REST

This face rest adjusts in height and angle using a single cam lock. Choose your preferred crescent pad for optimum comfort and support



AERO•CEL™ FACE REST CRESCENT

Soft and supportive, this versatile face rest pad adjusts to support any size or shape face for prone comfort. Turn it around and create a great cervical pillow for supine treatments. It is our standard face rest pad. Available in TerraTouch™ colors



FITTED DISPOSABLE FACE REST COVERS

50 per box. Provides a fitted disposable sanitary covering at an irresistible price



FLAT DISPOSABLE FACE REST COVERS

100 per package. Super soft and disposable, this flat cover provides a sanitary covering for just pennies per treatment



FACE REST FLEECE

Protects any face rest from exposure to oil, it's washable, and makes any face rest super comfortable



One Size Fits All 100% COTTON FLANNEL SHEETS

Includes: Fitted Sheet, Flat Sheet & Face Rest Cover
Machine washable, luxurious, unbleached, 100% cotton flannel sheets. One size fits up to 31"



One Size Fits All POLY-COTTON SHEETS

Includes: Fitted Sheet, Flat Sheet & Face Rest Cover
Poly/cotton sheets wrinkle less, shrink less and last a very long time. Made to fit almost any size massage table up to 31"



FACE REST COZY

Available in either 100% cotton flannel or poly-cotton blend, these washable face rest cozies provide a sanitary barrier to your face rest



PILLOW COVER *(pillow not included)*

A hygienic alternative to a pillow case alone, the cover is ready for you to stuff it with any type or size pillow you want depending how firm you want it to be.



ADJUSTER WEDGE

Designed to offer that little extra bit of support wherever it is needed.