

# Whitmyer Biomechanix

## Head Support Instructions

HEAD SUPPORT solutions



Adaptive Equipment Systems | Kid Kart | RehabiliTech | ShurShape | Whitmyer Biomechanix

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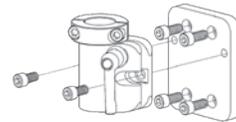
1. Compare items received to enclosed packing slip. All items are individually bagged and labeled for ease of identification.

*Note: The individual parts making up kits will appear below the kit part number as indented line items.*

Example:

Kit part number →	PRO-1L	4" x 6" occ w/size 1 subpads w/L cvrs on PRO mounting system
Items that make up kit	}	PSO1LL pad, size 1 LEFT sub-occ/Lycra
		PSO1RL pad, size 1 RIGHT sub-occ/Lycra
		PSO600L pad, 4" x 6" occipital/lateral/Lycra
		PRC7010 mounting, PRO adult w/mount
		M9375 base plate assm, adult/PED 3 piece

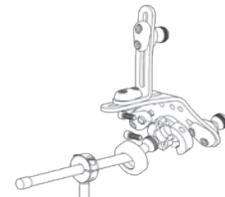
2. Attach mounting bracket to back of chair. Reference pages 3-12.



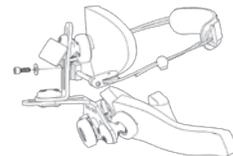
3. Assemble vertical/horizontal assembly as described in Mounting Section of instructions. Reference pages 7-12. Place vertical/horizontal assembly into mounting bracket.



4. Attach base plate assembly and/or pads. Reference pages 13-14.



5. Assemble and attach lateral and/or anterior support options. Reference pages 13-21.

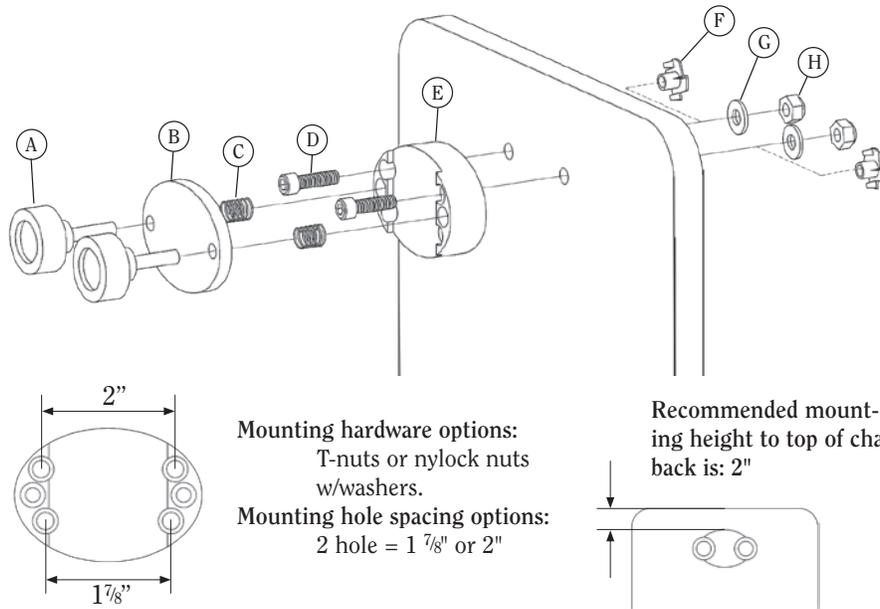


6. Adjust to user. Reference pages 22-26.



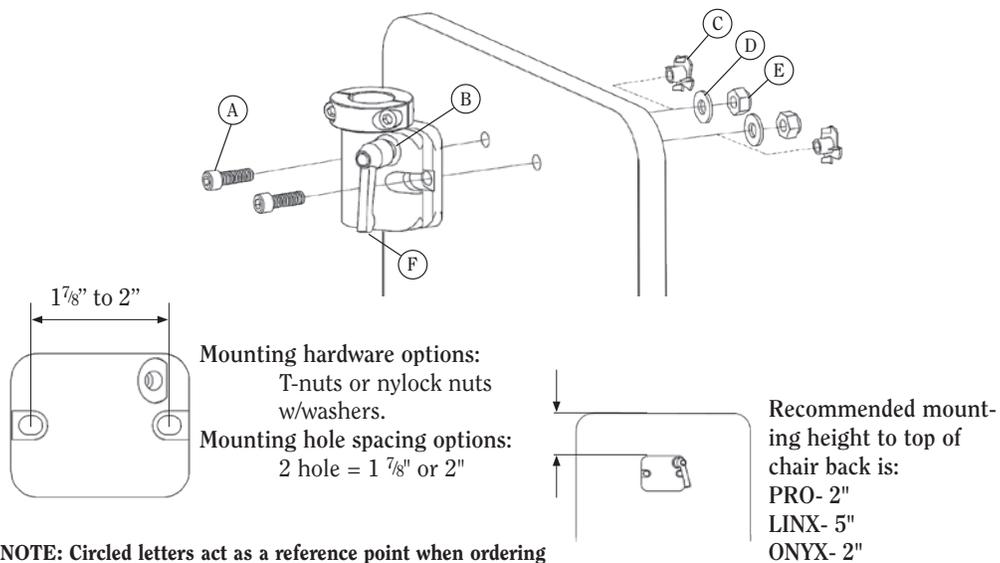
# Detachable Mounting Brackets

Detachable Mounting Bracket	Lightweight-M8000
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**NOTE:** Circled letters act as a reference point when ordering replacement parts from Customer Service (800) 944-8246

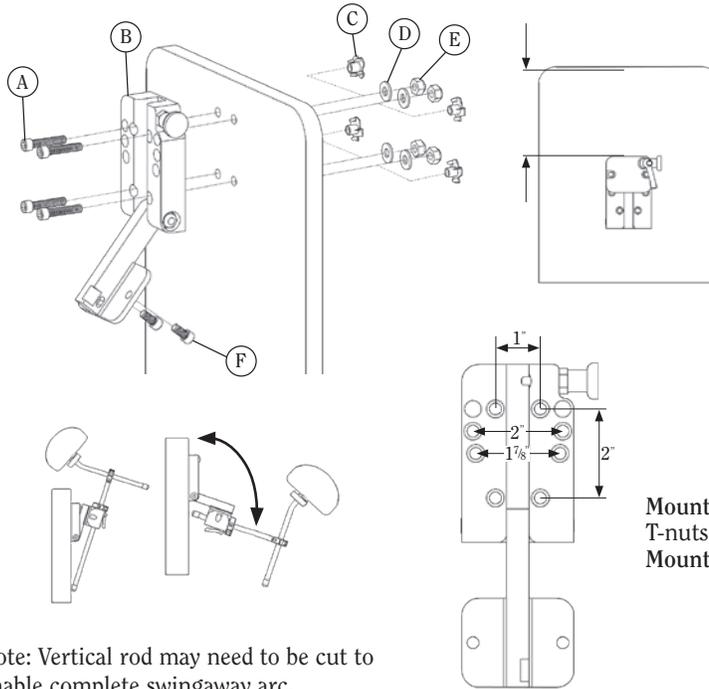
Detachable Mounting Bracket	ONYX-M2100 LINX-M2300 PRO-M2200
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**NOTE:** Circled letters act as a reference point when ordering replacement parts from Customer Service (800) 944-8246

# Swingaway Mount Upgrade

Swingaway Upgrade to Chair Back	M5000
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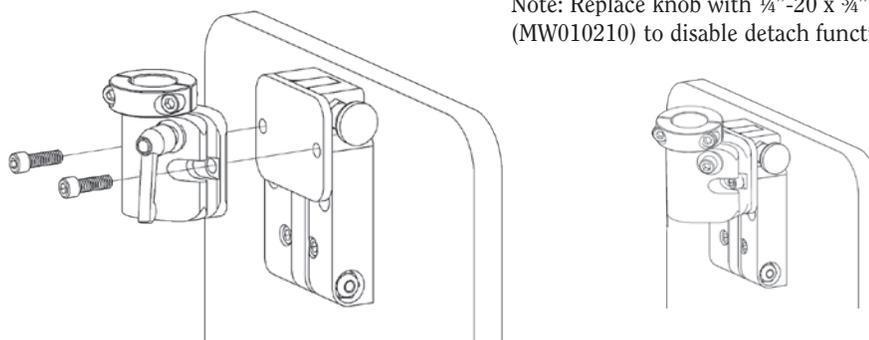
Recommended mounting height to top of chair back is:  
 PRO- 2"  
 LINX- 5"  
 ONYX- 2"

Mounting Hardware Options:  
 T-nuts or nylock nuts w/washers.  
 Mounting Hole Spacing Options:  
 2 hole = 1 7/8" or 2"  
 4 hole = 1" x 2"

Note: Vertical rod may need to be cut to enable complete swingaway arc.

**NOTE:** Circled letters act as a reference point when ordering replacement parts from Customer Service (800) 944-8246

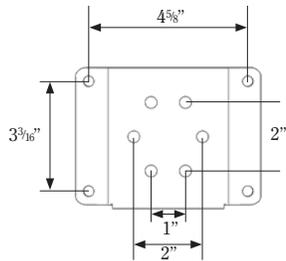
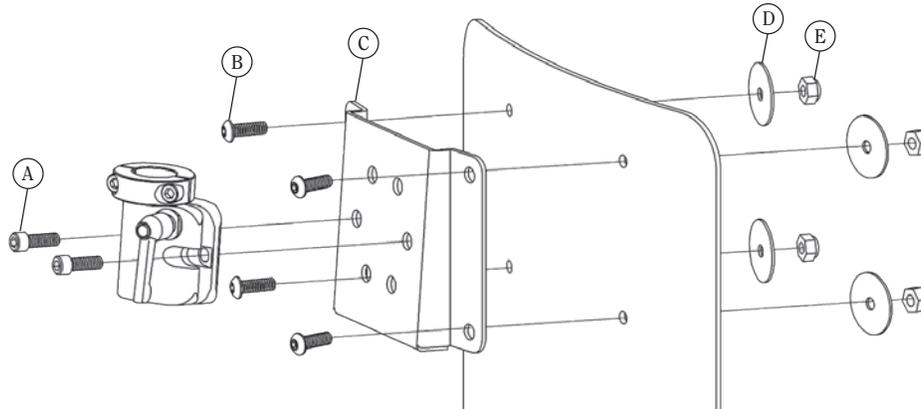
Detachable Mount to Swingaway Upgrade	ONYX-M5100 LINX-M5200 PRO-M5300
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Note: Replace knob with 1/4"-20 x 3/4" bolt (MW010210) to disable detach function.

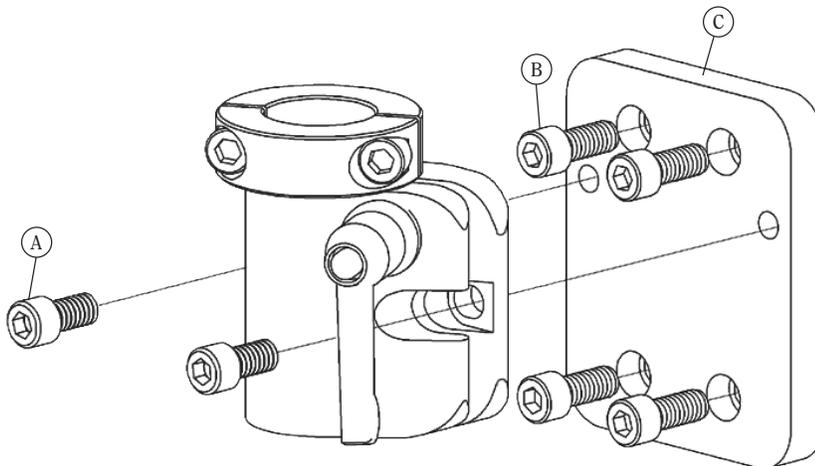
**NOTE:** Circled letters act as a reference point when ordering replacement parts from Customer Service (800) 944-8246

Interface Plate	M1010
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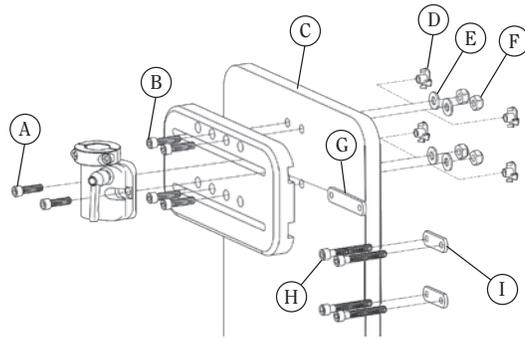
**NOTE:** Circled letters act as a reference point when ordering replacement parts from Customer Service (800) 944-8246

Detachable Mount to Hole Spacing Conversion Plate	M2010
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**NOTE:** Circled letters act as a reference point when ordering replacement parts from Customer Service (800) 944-8246

Detachable Mount to Slide Mount	M7010
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**Mounting hardware options:**  
T-nuts or nylock nuts w/washers.

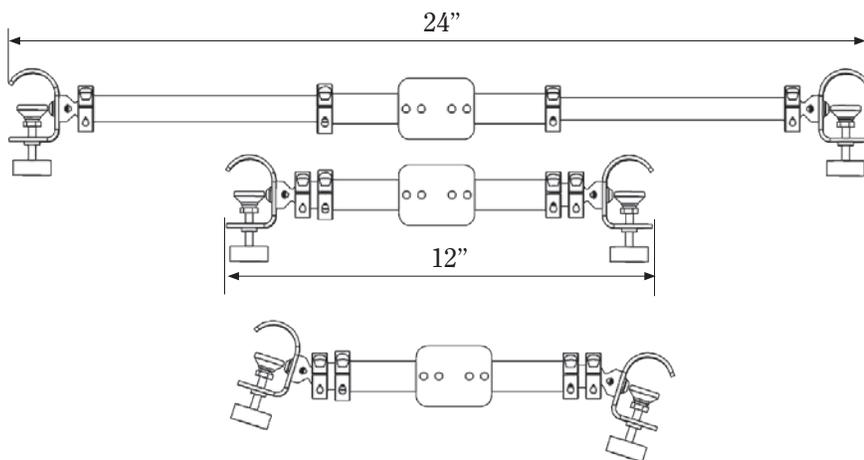
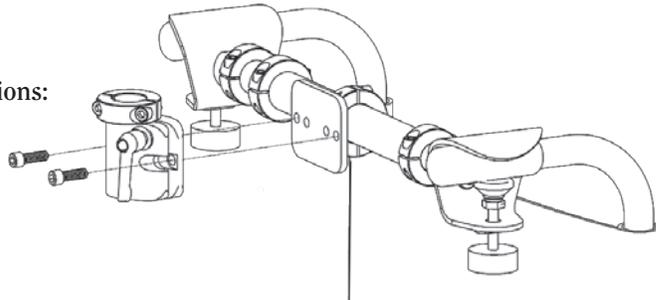
**Mounting hole spacing options:**  
2 hole = 1" or 2"  
4 hole = 1" x 2"

*Note: Old style hardware kit included for mounting older style Whitmyer Biomechanix detach and swingaway mounts.*

**NOTE: Circled letters act as a reference point when ordering replacement parts from Customer Service (800) 944-8246**

Detachable Mount to Quick Mount	M7000
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**Mounting hole spacing options:**  
2 hole = 1" and 2"

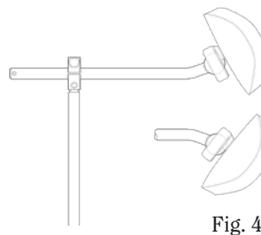
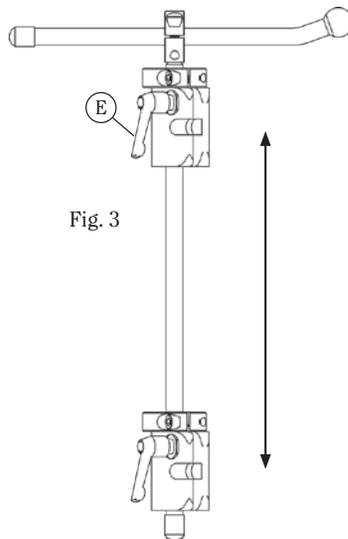
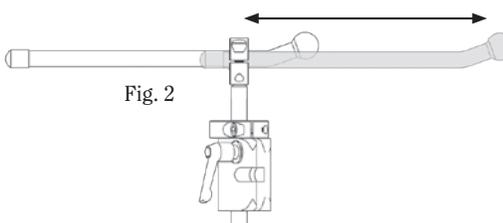
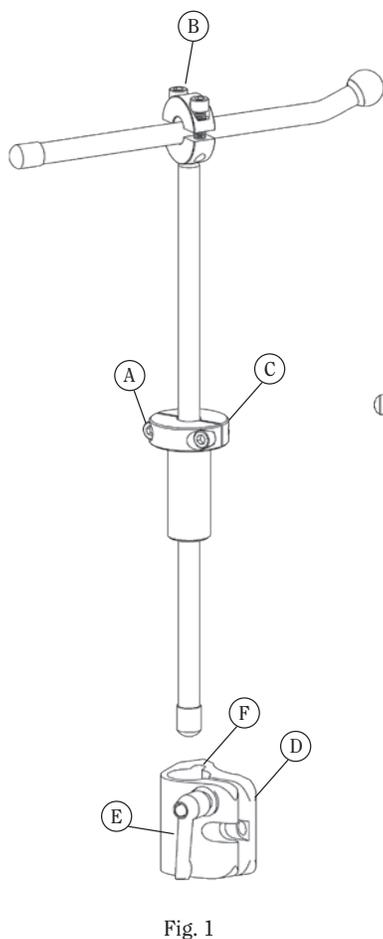


**NOTE: Mounting clamps & plate have full adjustability.**

1. Assemble as shown in Fig. 1. Index pin on anti-rotational collar (Fig. 1, C) fits in to slot in top of detach receptacle (Fig. 1, D) to prevent rotation.

**Adjustments**

1. Vertical - Loosen the lever knob (Fig. 1, E) and adjust to the proper height and then lower the stop collar (Fig. 1, C) be sure to align the index pin in the slot on the detach mount. (Fig. 1, F) Vertical rod may be rotated for additional angle adjustment of pad/base plate assembly.
2. Horizontal - Loosen collar screws (Fig. 1, B) for depth adjustment (Fig. 2). Rotate horizontal rod 180° for increased angle pad / base plate assembly adjustment.
3. Tighten all collars bolts evenly to reach full locking strength. See page 11.



**Assembly**

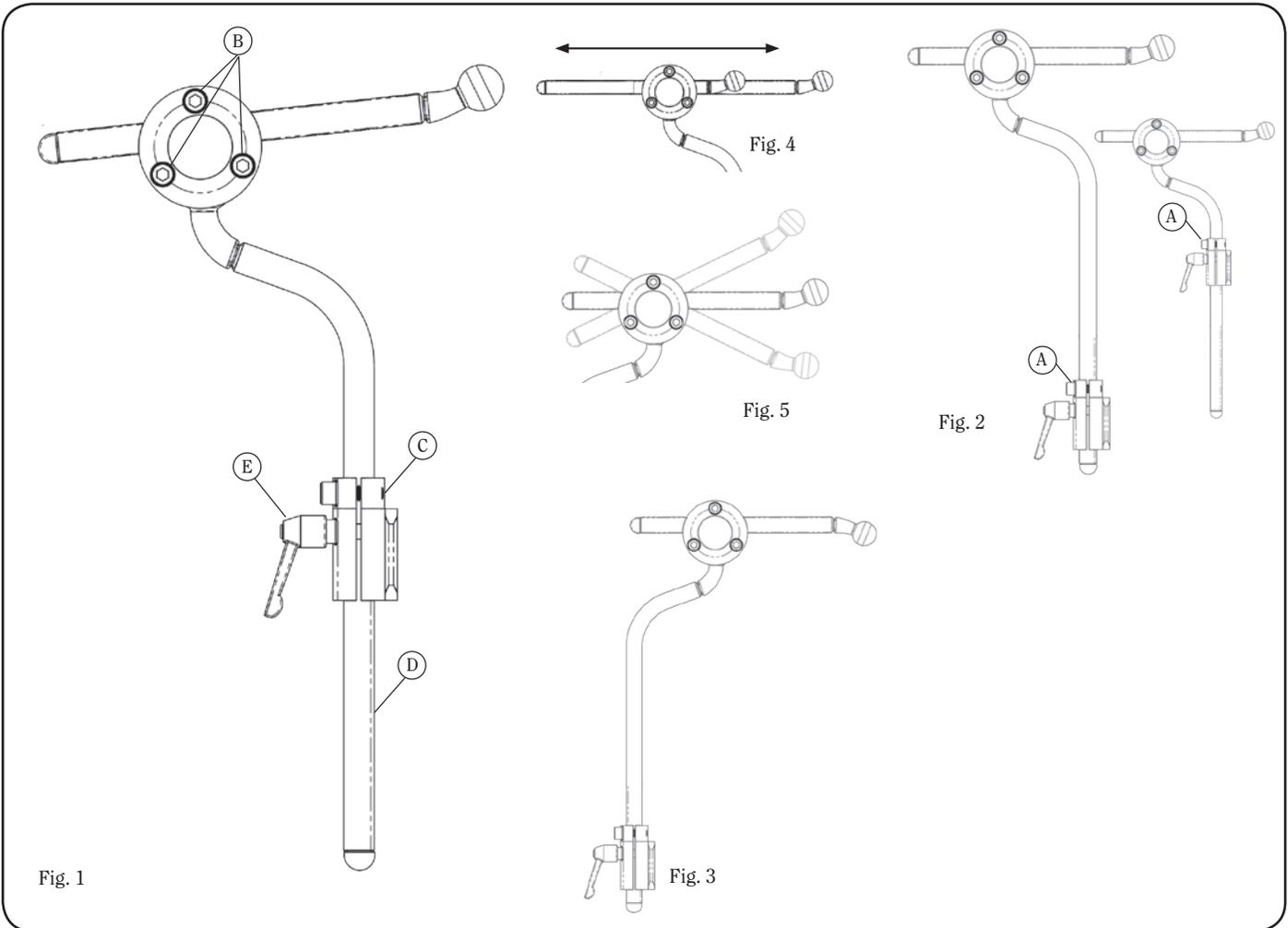
1. Assemble as shown in Fig. 1.

**Adjustments**

1. Vertical - Loosen the lever knob (Fig. 1, E) and adjust to the proper height and then lower the stop collar (Fig. 1, C). Vertical rod may be rotated for additional angle adjustment of pad/base plate assembly.

2. Depth and Angle Adjustment - Loosen 3 adjustment screws (Fig. 1, B) for depth and angle adjustment (Fig. 4&5). Rotate horizontal rod 180° for increased angle adjustment (Fig. 3). Reverse vertical rod 180° for increased adjustment (Fig. 3).

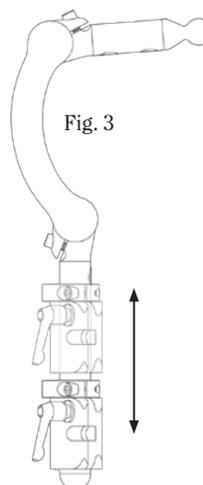
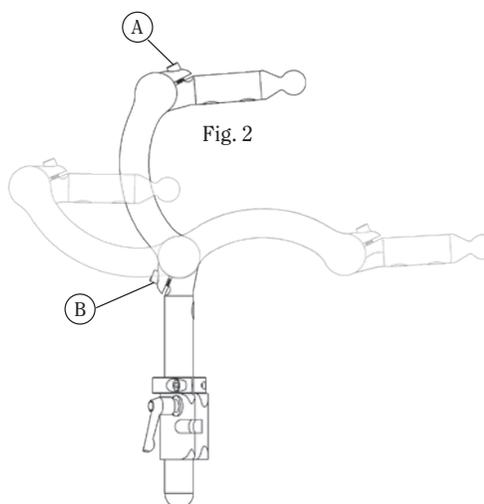
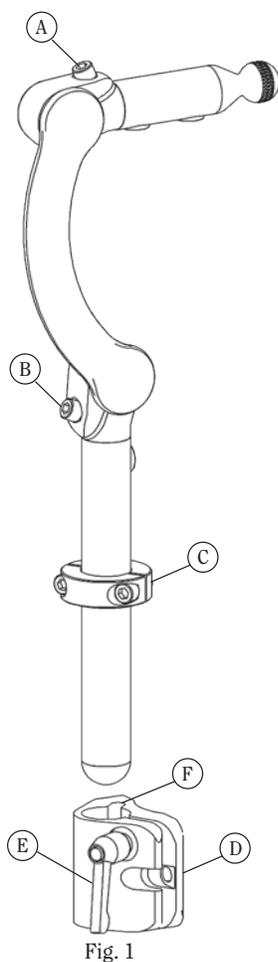
3. Tighten all collar bolts evenly to reach full locking strength. See page 11.



1. Assemble and position as shown in Fig.1. Index pin on anti-rotational collar (Fig.1,C) fits in to slot in top of detach receptacle (Fig.1, D) to prevent rotation.
2. See pages for pad and accessory attachment / adjustments:  
 Pad(s)- page 13                      Anterior Supports – page 15, 20-21  
 Base plate assembly – page 14              Lateral Supports – page 16-18

### Adjustments

1. Vertical - Loosen the lever knob (Fig. 1, E) and adjust to the proper height and then lower the stop collar (Fig. 1, C) be sure to align the index pin in the slot on the detach mount. (Fig. 1, F) Vertical rod may be rotated for additional angle adjustment of pad/base plate assembly.
2. Horizontal / Vertical – Loosen clamp screws (Fig. 1, A & B) for depth and height adjustment (Fig. 2).
3. Tighten all collar screws evenly to reach full locking strength. See page 11.



**Assembly**

1. Assemble as shown in Fig. 1.

**Adjustments**

1. Vertical - Loosen the lever knob (Fig. 1, D) and adjust to the proper height and then lower the stop collar (Fig. 1, C). Vertical rod may be rotated for additional angle adjustment of pad/base plate assembly.
2. Depth and Angle Adjustment - Loosen adjustment screws (Fig. 1, A & B) for depth and angle adjustment. Note angle adjustment shown in Fig.3.
3. Tighten all collar bolts evenly to reach full locking strength. See page 11.

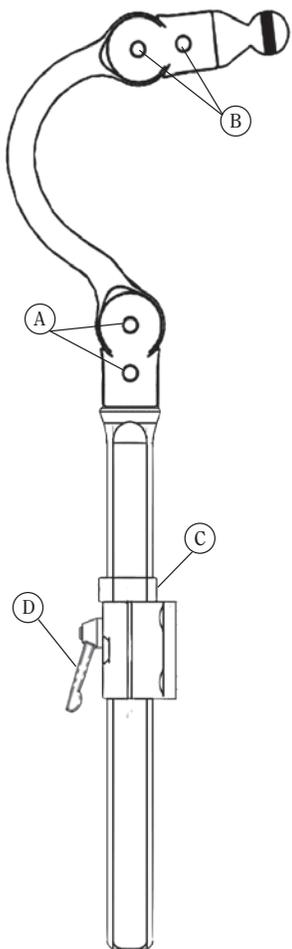


Fig. 1

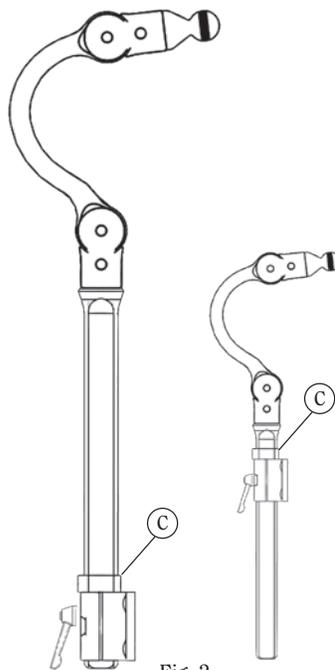


Fig. 2

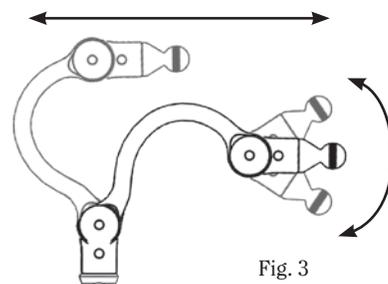


Fig. 3

**Assembly**

1. Assemble as shown in Fig. 1.

**Adjustments**

1. Vertical - Loosen the lever knob (Fig. 1, D) and adjust to the proper height and then lower the stop collar (Fig. 2, C). Vertical rod may be rotated for additional angle adjustment of pad/base plate assembly.
2. Depth and Angle Adjustment - Loosen adjustment screws (Fig. 1, A & B) for depth and angle adjustment. Note angle adjustment shown in Fig.3.
3. To flip the headrest back push button (Fig. 4, D) and swing unit back.
4. Tighten all collar bolts evenly to reach full locking strength. See page 11.

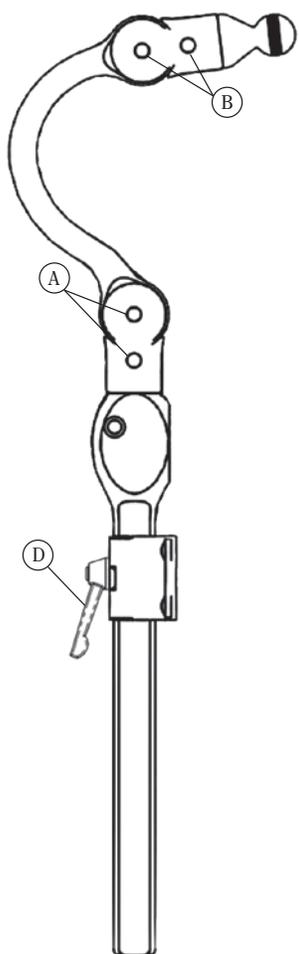


Fig. 1

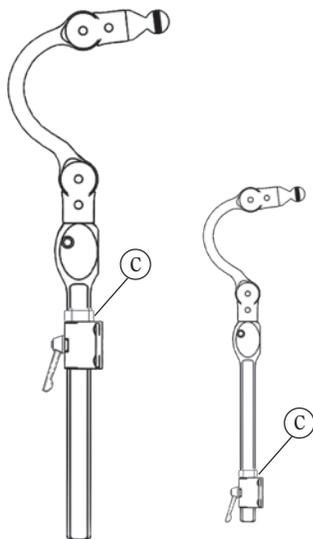


Fig. 2

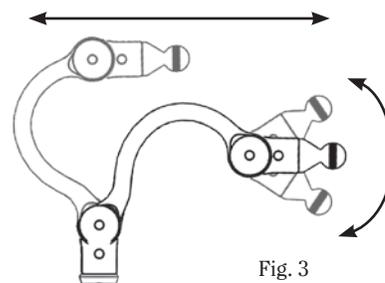


Fig. 3

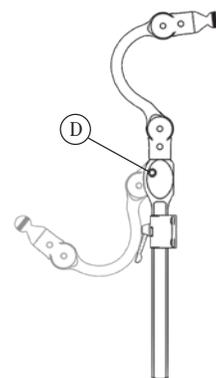
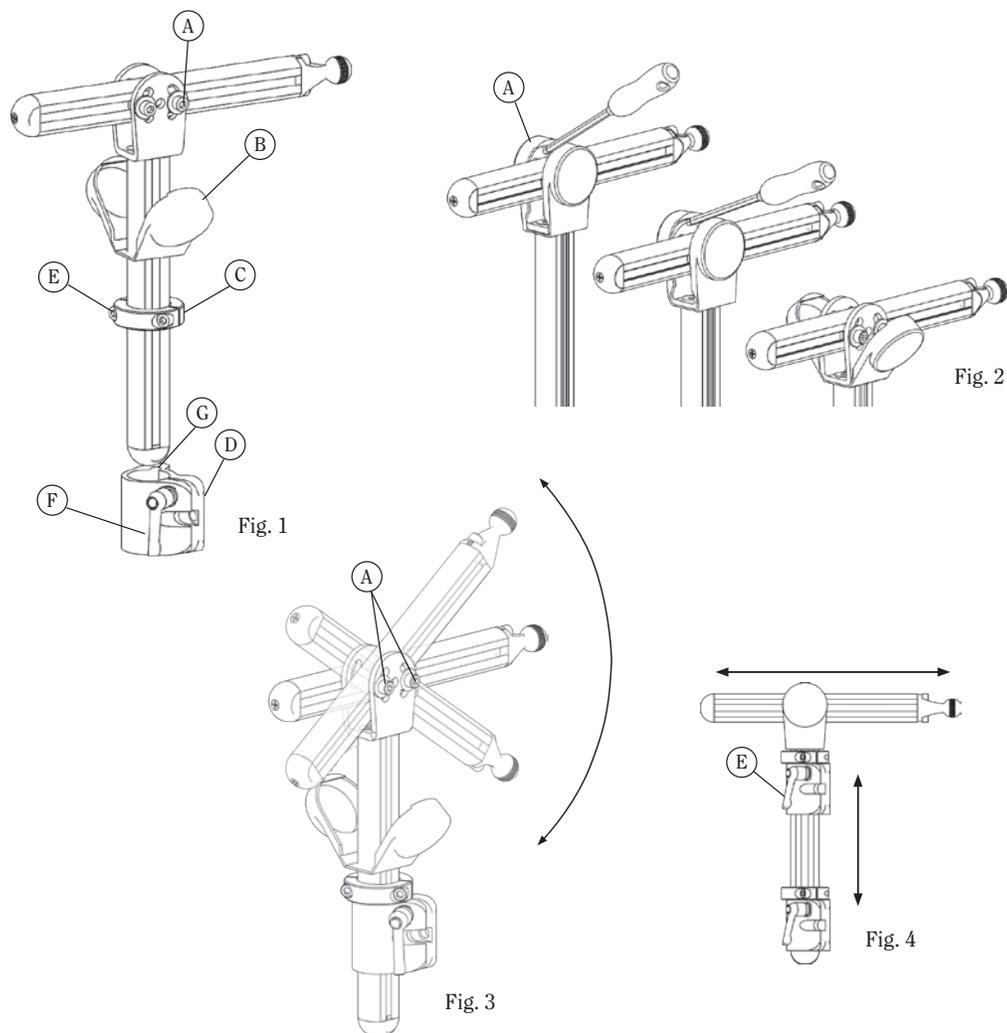


Fig. 4

1. Unsnap horizontal pivot cover (Fig. 2, B). Angle T-handle or ball driver beneath tab and push up and outward. Refer to Fig. 1. Index pin on anti-rotational collar (Fig. 1, C) fits in to slot in top of detach receptacle (Fig. 1, D) to prevent rotation.

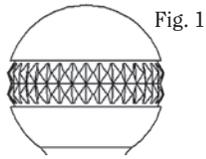
**Adjustments**

1. Vertical - Loosen the lever knob (Fig. 1, F) and adjust to the proper height and then lower the stop collar (Fig. 1, C) be sure to align the index pin in the slot on the detach mount. (Fig. 1, G) Vertical rod may be rotated for additional angle adjustment of pad/base plate assembly.
2. Horizontal / Angle – Loosen pivot bolts (Fig. 1, A) for depth (Fig.4) and angle (Fig.3) adjustments. It is not necessary to fully tighten all screws until final position is achieved.
3. Tighten all collar screws evenly to reach full locking strength. See page 11.
4. Snap horizontal pivot cover (Fig. 2, B) in place.



All Whitmyer Biomechanix rotational mounting balls are manufactured with a machined knurl pattern. When the collar is tightened, the specialized hardened knurls bite into the radius to eliminate unwanted movement.

Knurled pattern



Knurled pattern locks surfaces of ball and collar.

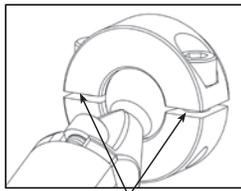
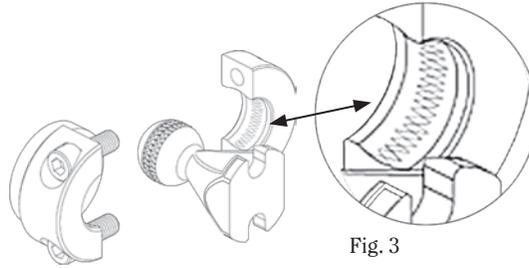


Fig. 2A Correct Alignment

- (Fig. 1,3) Knurled balls bite into the radius to eliminate unwanted movement.
- (Fig. 2A, 2B) Even though the knurled balls eliminate unwanted pad movement, the collars must be evenly tightened to reach their full locking strength.

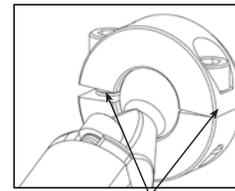
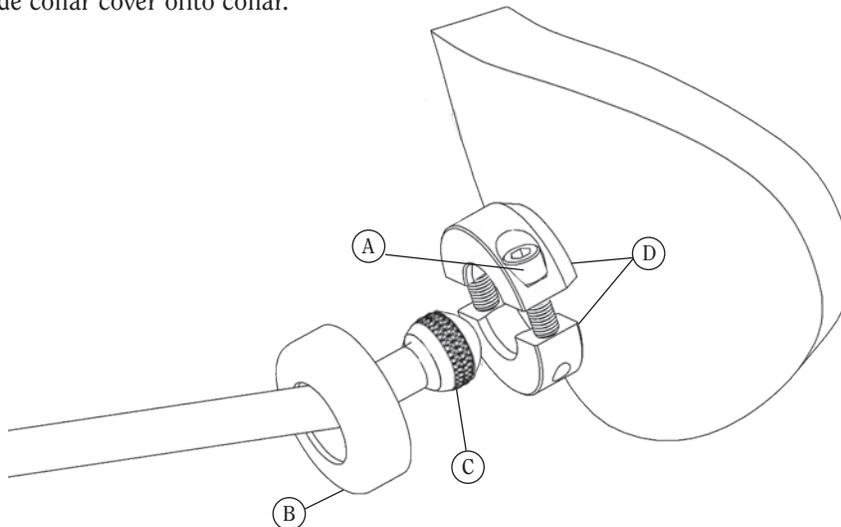


Fig. 2B Incorrect Alignment

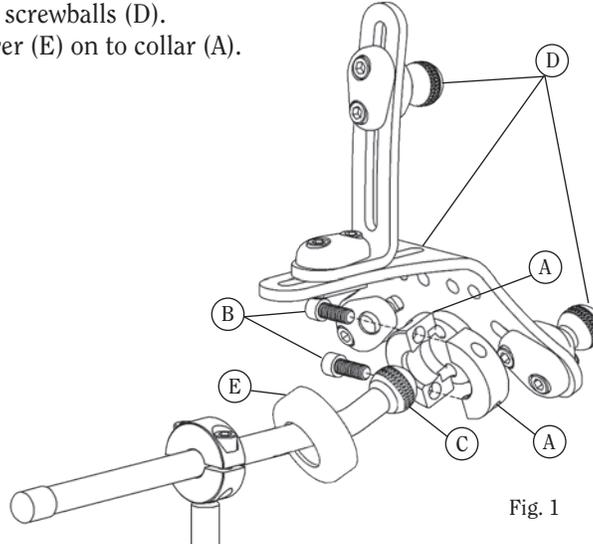
## Universal Pad Attachment

1. Slide collar cover (B) off pad collar and over ball (C).
2. Loosen collar bolts (A). Loosen the collar bolts only to the point where the ball slides in. This is easier than taking the collar halves completely apart.
3. Clamp collar evenly on ball (C). See page 11.
4. Slide collar cover onto collar.



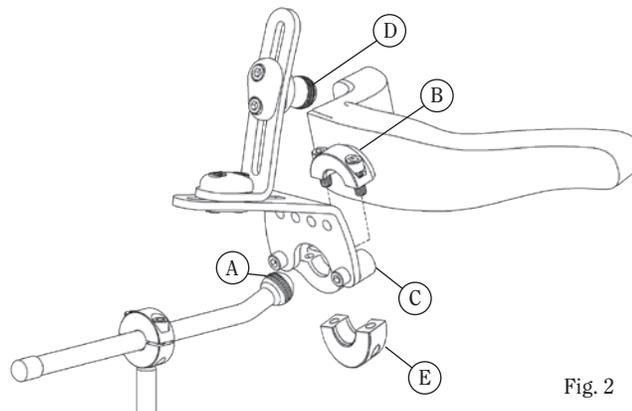
## 3-Pad Base Plate Assembly Attachment (Fig. 1)

1. Remove vinyl cover (E) from collar (A). Slide over horizontal ball (C).
2. Loosen rotational bracket (A) collar bolts (B).
3. Clamp mounting system horizontal ball (C) between the rotational bracket collar halves (A). Even though the knurled balls eliminate unwanted pad movement, the collars must be evenly tightened to reach their full locking strength. See page 13.
4. Attach pads to screwballs (D).
5. Place vinyl cover (E) on to collar (A).



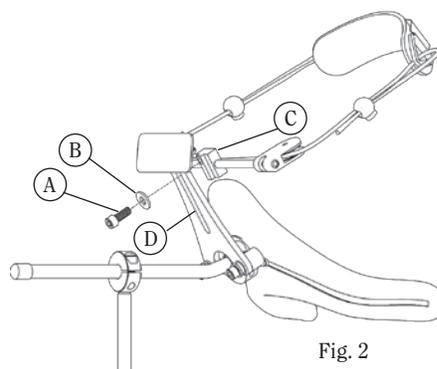
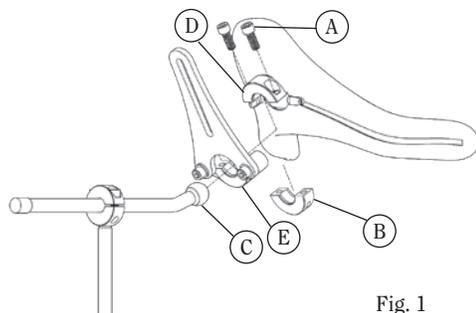
## Single Sub-occipital Base Plate Assembly Attachment (Fig. 2)

1. Remove bolts (B) and discard bottom collar half (E) of single sub-occipital pad.
2. Clamp the horizontal ball (A) between the single sub-occipital pad top collar half (B) and the base plate collar adaptor (C).
3. Attach occipital pad to screwball (D).
4. Even though the knurled balls eliminate unwanted pad movement, the collars must be evenly tightened to reach their full locking strength. See page 13.



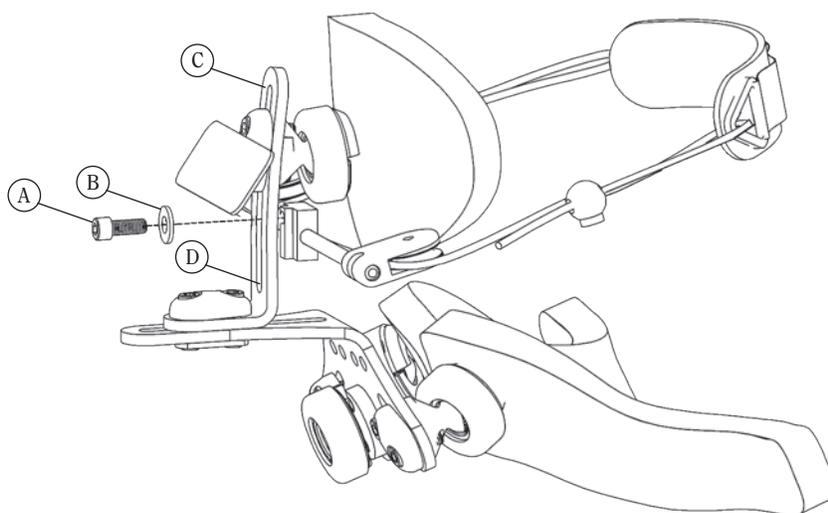
## Anterior Support Attachment to Single Pad Interface

1. Remove bolts (Fig. 1, A) and discard bottom collar half (Fig. 1, B) of pad.
2. Evenly clamp the horizontal ball (Fig. 1, C) between the pad collar half (Fig. 1, D) and anterior support interface (Fig. 1, E).
3. Refer to Fig. 2. Remove bolt (Fig. 2, A) and washer (Fig. 2, B) from anterior support mount (Fig. 2, C).
4. Align bolt (Fig. 2, A) and washer (Fig. 2, B) through the anterior support adapter bracket slot (Fig. 2, D) clamping the anterior support option in place.
5. Adjust to user. See page 26-30.

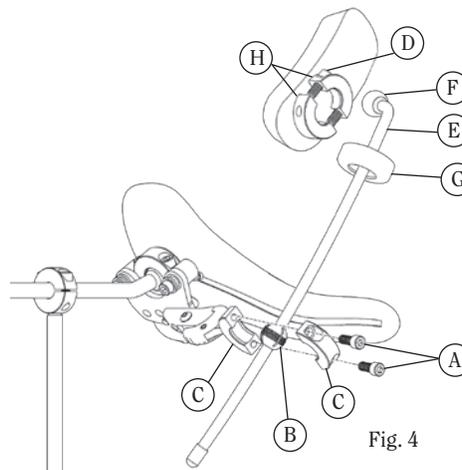
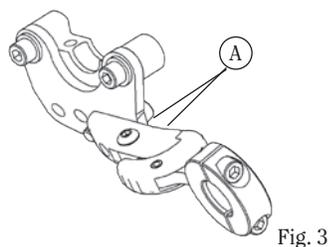
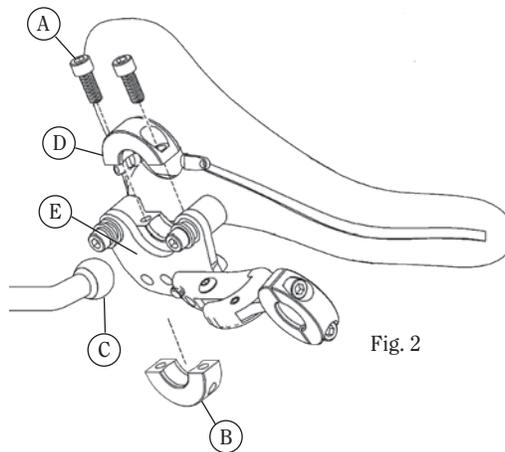
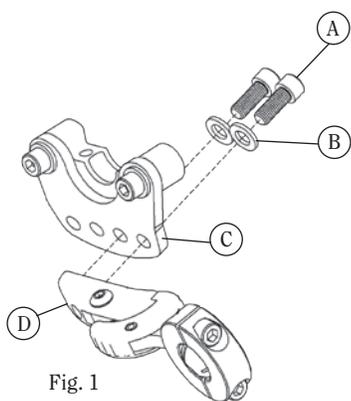


## Anterior Support Attachment to S.O.F.T. Base Plate Assemblies. (Fig. 3)

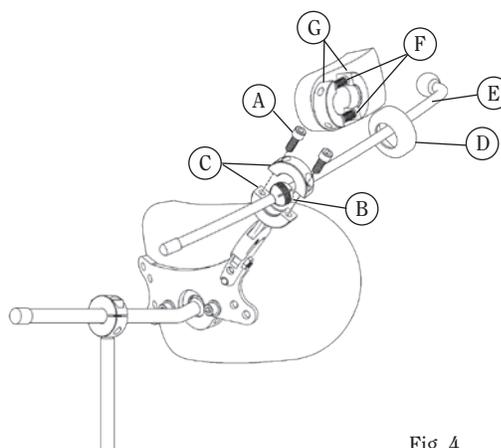
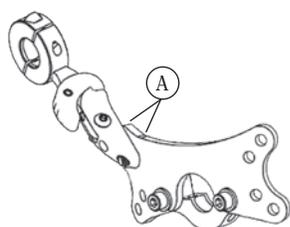
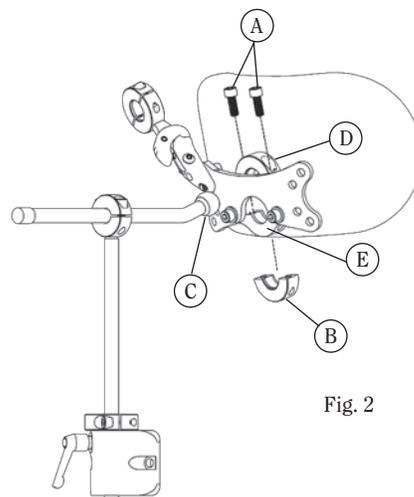
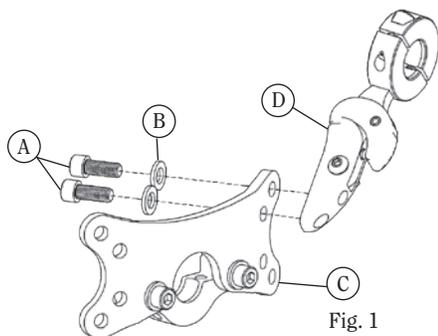
1. Remove bolt (A) and washer (B) from anterior support mount (C).
2. Align bolt (A) and washer (B) through the occipital mount slot (D) clamping the anterior support option in place.
3. Adjust to user. See page 26-30.



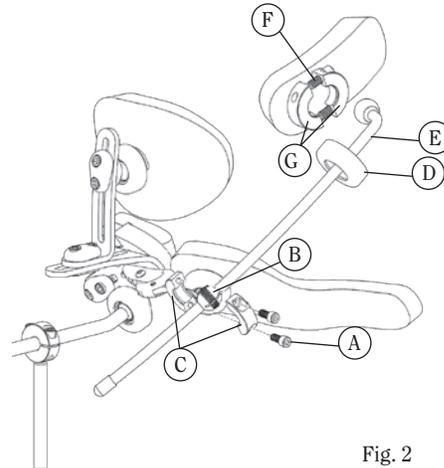
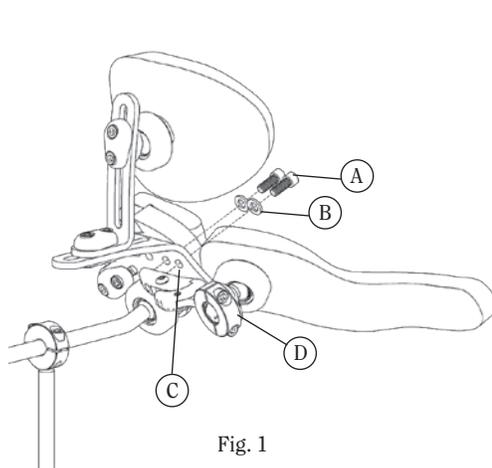
1. Attach swingaway lateral bracket(s) (Fig. 1, D) to Contoured Cradle lateral support interface plate (Fig. 1, C) using bolts (Fig. 1, A) and washers (Fig. 1, B).
2. Refer to Fig. 3. Tighten bolts (Fig. 3, A) securely. Swingaway lateral bracket may be bolted either left or right or used in unilateral or bilateral configurations.
3. Refer to Fig. 2. Remove bolts (Fig. 2, A) and discard bottom collar half of pad (Fig. 2, B).
4. Evenly clamp the horizontal ball (Fig. 2, C) between the pad collar half (Fig. 2, D) and Contoured Cradle lateral support interface (Fig. 2, E).
5. Refer to Fig. 4. Loosen bolts (Fig. 4, A) and clamp splitball (Fig. 4, B) between the lateral mount collar halves (Fig. 4, C) and tighten. Do not securely tighten collar halves until fitting to client to allow for adjustment of ballrod.
6. Slide collar cover (Fig. 4, G) off pad collar onto curved ballrod (Fig. 4, E).
7. Loosen collar bolts (Fig. 4, D). Loosening the collar bolts just to the point where the ball slides in is easier than taking the collar halves completely apart.
8. Clamp collar halves (Fig. 4, H) evenly on ball (Fig. 4, F). See page 13.
9. Slide collar cover (Fig. 4, G) onto collar (Fig. 4, H).



1. Attach swingaway lateral bracket(s) (Fig. 1, D) to PLUSH lateral support interface plate (Fig. 1, C) using bolts (Fig. 1, A) and washers (Fig. 1, B).
2. Refer to Fig. 3. Tighten bolts (Fig. 3, A) securely. The PLUSH lateral support interface plate supplies 4 lateral mount locations.
3. Refer to Fig. 2. Remove bolts (Fig. 2, A) and discard bottom collar half of pad (Fig. 2, B).
4. Evenly clamp the horizontal ball (Fig. 2, C) between the pad collar half (Fig. 2, D) and PLUSH lateral support interface (Fig. 2, E).
5. Refer to Fig. 4. Loosen bolts (Fig. 4, A) and clamp splitball (Fig. 4, B) between the lateral mount collar halves (Fig. 4, C) and tighten. Do not securely tighten collar halves until fitting to client to allow for adjustment of ballrod.
6. Slide collar cover (Fig. 4, D) off pad collar onto curved ballrod (Fig. 4, E).
7. Loosen collar bolts (Fig. 4, F). Loosening the collar bolts just to the point where the ball slides in is easier than taking the collar halves completely apart.
8. Clamp collar halves (Fig. 4, G) evenly on ball. See page 13.
9. Slide collar cover (Fig. 4, D) onto collar (Fig. 4, G).

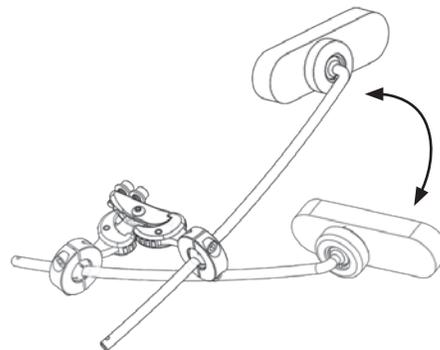
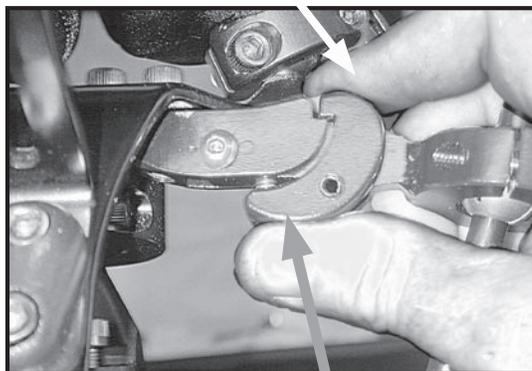


1. Attach swingaway lateral bracket(s) (Fig. 1, D) to S.O.F.T. base plate assembly (Fig. 1, C) using bolts (Fig. 1, A) and washers (Fig. 1, B). Tighten bolts securely.
3. Refer to Fig. 2. Loosen bolts (Fig. 2, A) and clamp splitball (Fig. 2, B) between the lateral mount collar halves (Fig. 2, C) and tighten. Do not securely tighten collar halves until fitting to client to allow for adjustment of ballrod.
4. Slide collar cover (Fig. 2, D) off pad collar onto curved ballrod (Fig. 2, E).
5. Loosen collar bolts (Fig. 2, F). Loosening the collar bolts just to the point where the ball slides in is easier than taking the collar halves completely apart.
6. Clamp collar halves (Fig. 2, G) evenly on ball. See page 13.
7. To attach lateral ballrod and pad. See page 17, steps 5-9.



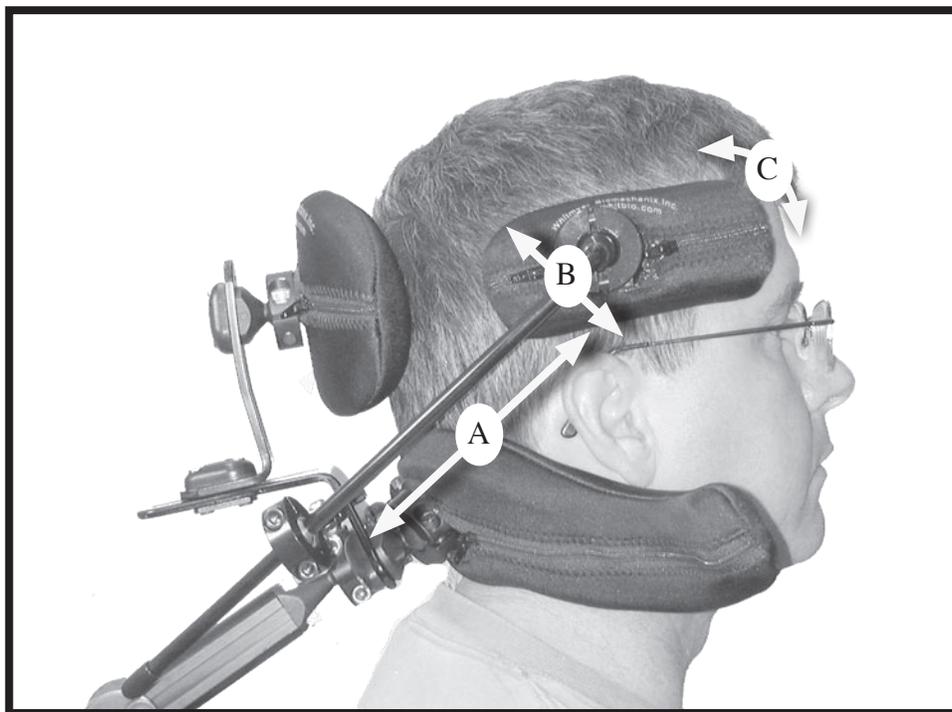
## Swingaway Lateral One-Finger Release

To open, grasp swingaway lateral latch as shown. Push with thumb and pull with fore-finger. To close, push lateral ballrod into place until latch snaps shut.



Lateral Facial Components (LFC's) are designed to assist in supporting the head laterally to help your client maintain a vertical alignment when lateral deviation is present or for low-profile switch access.

Use a bilateral configuration to inhibit Asymmetrical tonic neck reflex (ATNR) by placing the pads in a position that will counteract the rotation that is occurring. Carefully place the pad(s) in a position that will evenly distribute the pressure placed upon them to avoid discomfort.

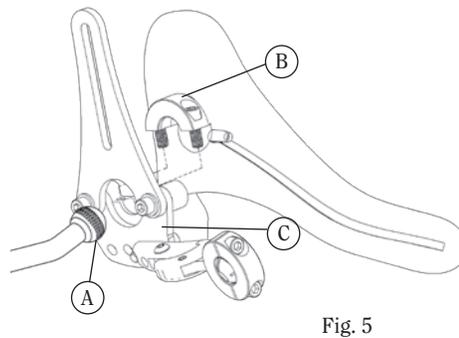
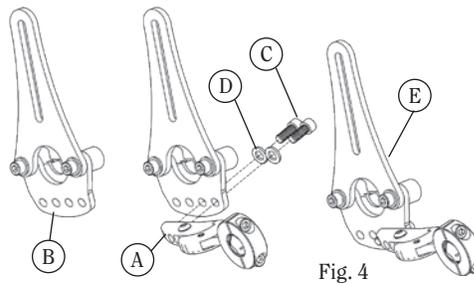
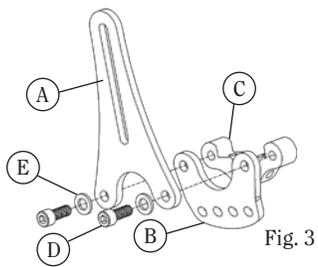
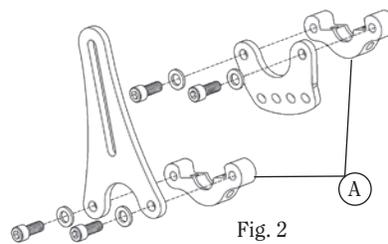
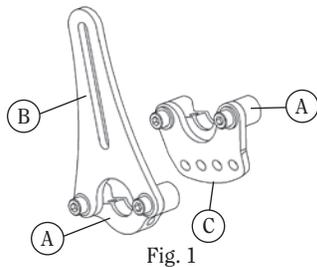


Familiarize yourself with the various directions of adjustment:

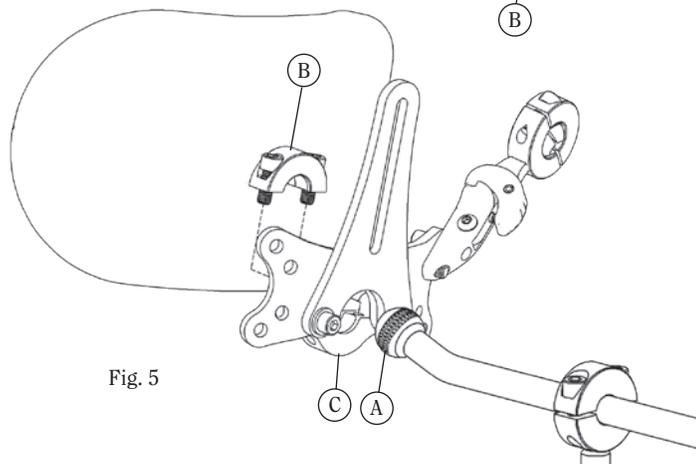
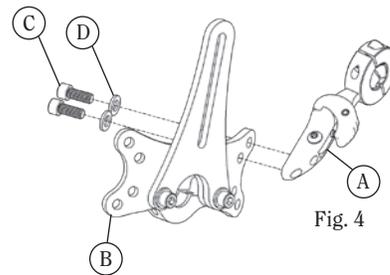
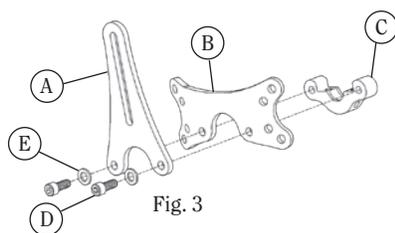
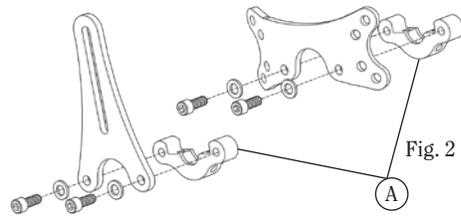
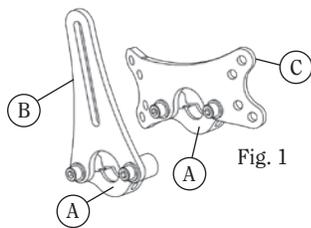
- A. Linear adjustment
- B. Height adjustment
- C. Rotational adjustment

**WARNING!** Avoid positioning pad(s) directly on jawbone, over ears, or in an area that will come in contact with the user's eyes! Should irritation develop, discontinue use immediately and contact the therapist or RTS.

1. Unbolt bottom collar adapters (Fig. 1, A) from interface plates (Fig. 1,B) and (Fig. 1,C) as shown in Fig. 2.
2. Discard ONE bottom collar adapter (Fig. 2, A).
3. Refer to Fig. 3. Bolt together parts (Fig. 3, A), (Fig. 3, B) and (Fig. 3, C) using bolts (Fig. 3, D) and washers (Fig. 3, E) being sure to fit them together in the order shown. Tighten securely.
4. Refer to Fig. 4. Attach swingaway lateral bracket (Fig. 4, A) to the anterior / lateral interface plate assembly (Fig. 4, B) using bolts (Fig. 4, C) and washers (Fig. 4, D). Completed assembly (Fig. 4, E). Tighten securely. Swingaway lateral mount may be applied left or right or used in unilateral or bilateral configurations.
5. Refer to Fig. 5. Evenly clamp horizontal ball (Fig. 5, A) between top collar half (Fig. 5, B) and completed anterior / lateral assembly (Fig. 5, C).
6. See page 17, steps 5-9 for LFC ballrod assembly.
7. See page 15 for Anterior Support Option attachment.

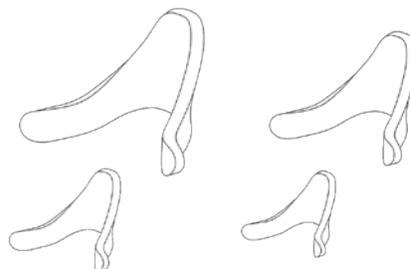


1. Unbolt bottom collar adapters (Fig. 1, A) from interface plates (Fig. 1,B) and (Fig. 1,C) as shown in Fig. 2.
2. Discard ONE bottom collar adapter (Fig. 2, A).
3. Refer to Fig. 3. Bolt together parts (Fig. 3, A), (Fig. 3, B) and (Fig. 3, C) using bolts (Fig. 3, D) and washers (Fig. 3, E) being sure to fit them together in the order shown. Tighten securely.
4. Refer to Fig. 4. Attach swingaway lateral bracket (Fig. 4, A) to the anterior / lateral interface plate assembly (Fig. 4, B) using bolts (Fig. 4, C) and washers (Fig. 4, D). Tighten securely. Swingaway lateral mount may be applied left or right or used in unilateral or bilateral configurations.
5. Refer to Fig. 5. Evenly clamp horizontal ball (Fig. 5, A) between top collar half (Fig. 5, B) and completed anterior / lateral assembly (Fig. 5, C).
6. See page 17, steps 5-9 for LFC ballrod assembly.
7. See page 15 for Anterior Support Option attachment.



Contoured Cradle pads are designed to provide lateral cervical and sub-occipital support in a single pad.

The pad should be adjusted to provide even contact across its surface and allow the flared tips to support the cervical spine just under the ears and behind the mastoid process. Gently bend flared sections in to place by hand to accommodate various neck widths.



## PLUSH Systems

(PLUSH) pads are designed to provide comfortable support to the upper cervical and sub-occipital areas.

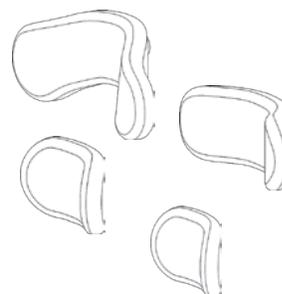
The pad should cradle the spine and provide lift under the occiput (Fig. 1). Centering the pad at the apex of the occiput forces the cervical spine into flexion (Fig. 2).



Fig. 1



Fig. 2



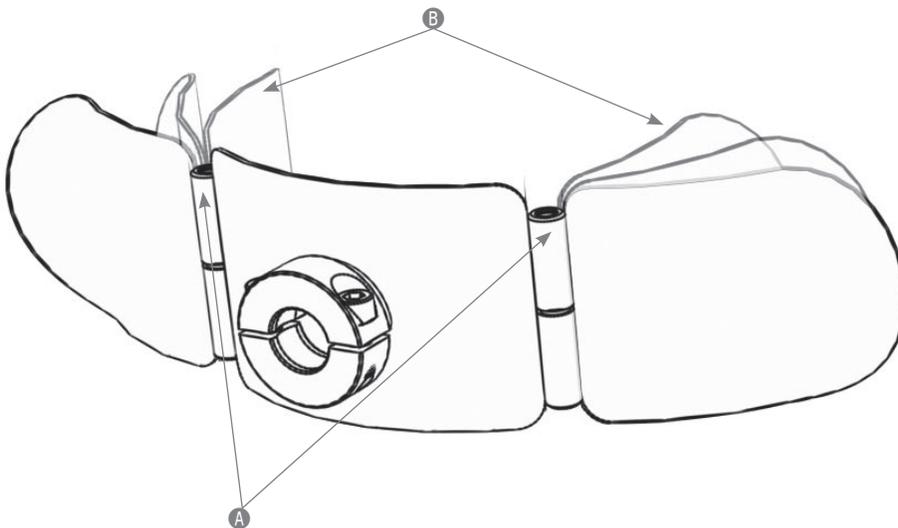
Adjustment Steps:

- ① Remove cover to expose adjustment hinges.
- ② Use a 3/16" Allen® wrench to loosen the bolt(s) (A) so that the left/right panel is easily adjustable.
- ③ Position both panels (B) to the desired position and re-tighten hinge bolt.
- ④ Replace the cover and close the zippers

Plush pads are designed to provide comfortable support to the upper cervical and sub-occipital areas.

The pad should cradle the spine and provide lift under the occiput (Fig. 1)

Centering the pad at the apex of the occiput forces the cervical spine into flexion (Fig. 2).



**NOTE:**

The pad should cradle the spine and provide lift under the occiput (Fig1).

**WARNING:**

Centering the pad at the apex of the occiput forces the cervical spine into flexion(Fig.2).



Fig-1



Fig-2

The Single Sub-occipital systems are designed to provide lateral cervical support with an independently adjustable occipital pad for posterior support.

1. Adjust the height and depth of the mounting system to place the head support in the general position of the sub-occipital and occipital regions of the head.

2. (Fig. 3) Adjust the sub-occipital pad (B) first. Moving the occipital pad (A) completely rearward makes this easier. (Fig. 4) Loosening bolts (A) allows anterior/posterior movement of the occipital mount and pad. The sub-occipital pad should be adjusted to provide lateral cervical support and lift under the occiput. The flared tips of the pad should extend under the ears and below the mastoid process. (Fig. 1)

3. (Fig. 2) Adjust the occipital pad forward just enough to come into contact with the occiput. (Fig. 4) Loosening bolts (B) allows the pad to be moved up or down for optimal contact with the head. (Fig. 2) Be careful not position too far forward and the user away from the sub-occipital pad.



Fig. 1



Fig. 2

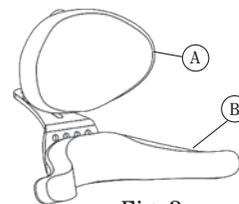


Fig. 3

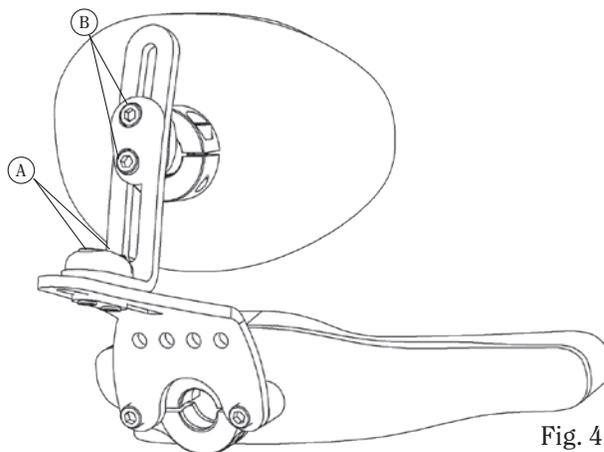


Fig. 4

S.O.F.T. Three Pad systems are completely adjustable and provide maximum lateral cervical and occipital support.

1. Simulation (Fig. 1): While holding the client's head with your hands in the desired position, observe the amount of balance, types of movement and effects of pathological reflex activity. Tip: A digital picture at this point could be very helpful during the final adjustment.

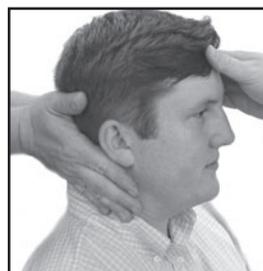


Fig. 1

Remember: All S.O.F.T. configurations universally fit the ONYX, LINX, or PRO mounting systems. Pictures show a PRO mounting system with a S.O.F.T. three pad configuration.

2. Prior to adjusting the head support to the user, familiarize yourself with the following points of adjustment: (Fig. 2)

- A. base plate assembly rotation
- B. lateral adjustment of sub-occipital pads
- C. sub-occipital pad rotation
- D. occipital pad depth
- E. occipital pad height
- F. occipital pad rotation

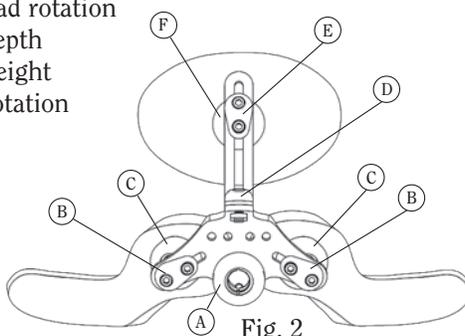


Fig. 2

3. Adjust the height and depth of the mounting system to place the head support in the general position of the sub-occipital and occipital regions of the head. (Fig. 3)



Fig. 3

4. Gently slide the head support forward allowing the sub-occipital pads to make soft initial contact. Secure the position of the mounting system. See pages 4-12 for mounting system adjustments.

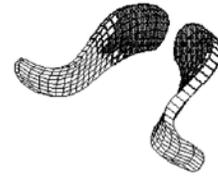
5. Rotate, pivot, and adjust the sub-occipital pads to ensure good contact with the neck. Tip: Moving the occipital pad completely rearward makes this adjustment easier.

Adjust each sub-occipital pad to provide lateral cervical support and lift under the occiput. The flared tips of the pads should extend under the ears and below the mastoid process. (Fig. 4) Tighten bolts to secure position.



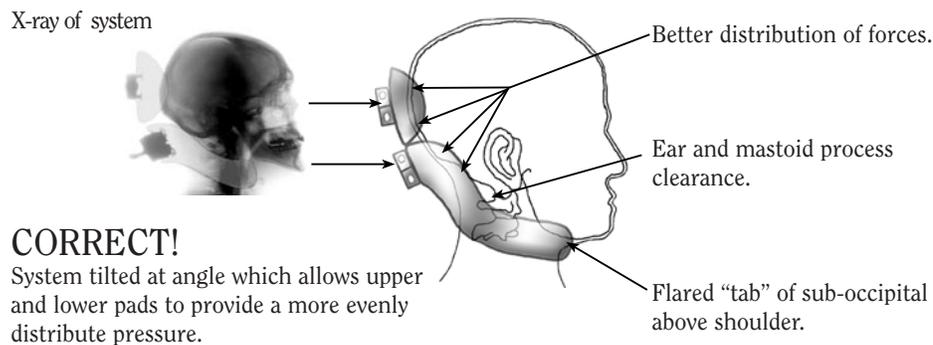
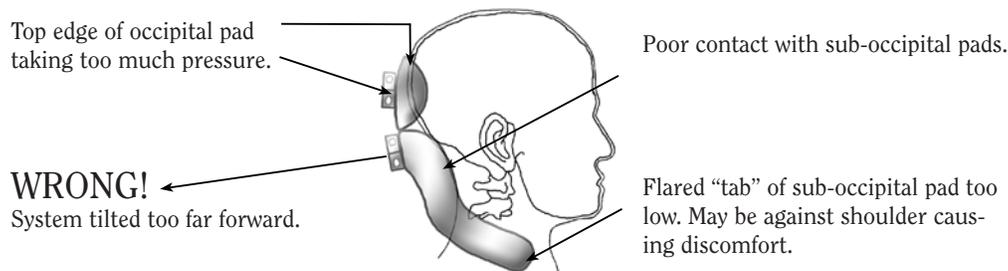
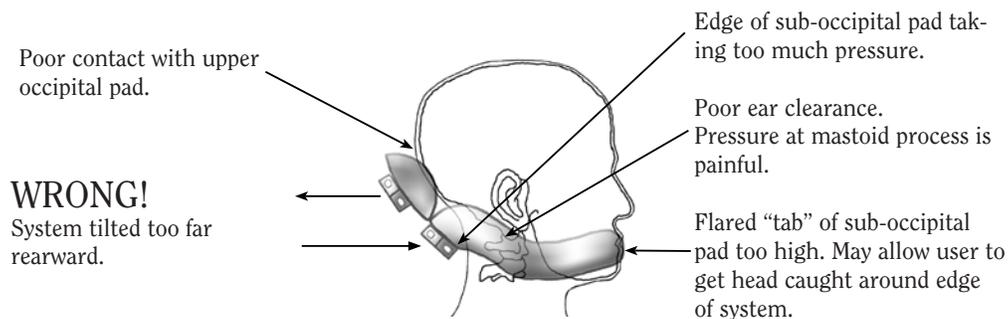
Fig. 4

The width between the sub-occipital pads can be adjusted to the width of the neck by sliding the screwballs laterally in their slots. (Page 22, Fig. 2, B). Pads should be adjusted so that even contact is made and primary support is provided on the rear of the pads (Fig. 4).



6. Adjust the occipital pad forward just enough to come into contact with the occiput. Loosening bolts (Page 22, Fig. 2, E) allows the pad to be moved up or down for optimal contact with the head. Be careful not to move the user away from the sub-occipital pads by positioning the occipital pad too far forward. The base plate angle will affect the adjustment range of the occipital pad.

## What To Look For In A Correct Fit



**CORRECT!**  
System tilted at angle which allows upper and lower pads to provide a more evenly distribute pressure.

**⚠WARNING!**

**Read and understand all instructions prior to fitting or using the Dynamic Forehead Strap System.**

The Dynamic Forehead Strap System (DFS) provides anterior forehead support that moves with the user.

The DFS must be applied and used under therapist or rehab seating professional supervision.

The DFS is an aggressive solution to head support while providing freedom of movement and an increased comfort level for the user.

Adjustments and fine-tuning may be necessary for optimum results.

**ALL PERSONS PUTTING THE CLIENT INTO THE DFS MUST BE INSTRUCTED ON THE SAFE AND CORRECT USE OF THIS PRODUCT!**

**READ THE WARNING LABEL ON THE BACK OF THE DFS UNIT**

### Dynamic Forehead Strap Components

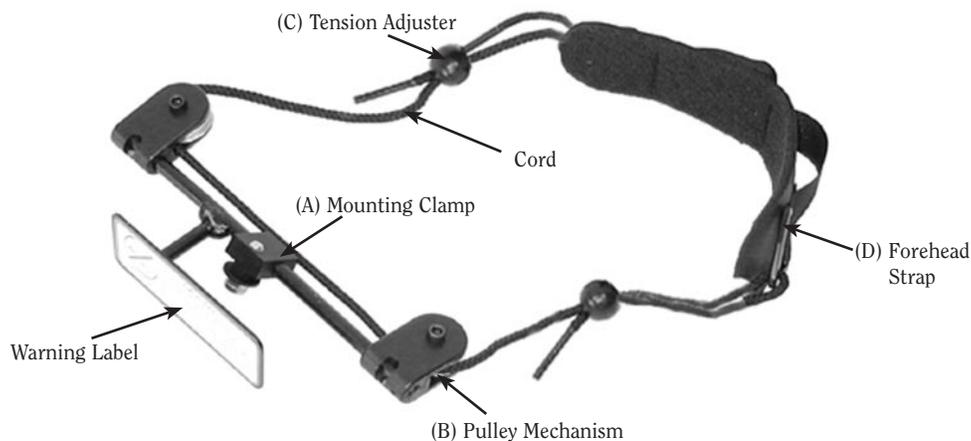
**To aid in installation and adjustment, please become familiar with the DFS components.**

**A. Mounting Clamp** - Bolts into the occipital plate slot, or anterior support adapter slot on single pad systems, allowing height adjustment.

**B. Pulleys** - Allow free movement of the cord and forehead strap as the head is rotated.

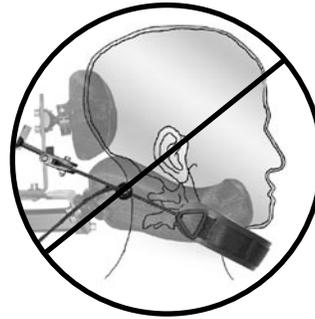
**C. Tension Adjusters** - Spring loaded locking devices that allow for strap tension adjustment by changing the cord length.

**D. Forehead Strap** - Available with neoprene material against skin (NAS) or terry cloth material against skin (TAS).



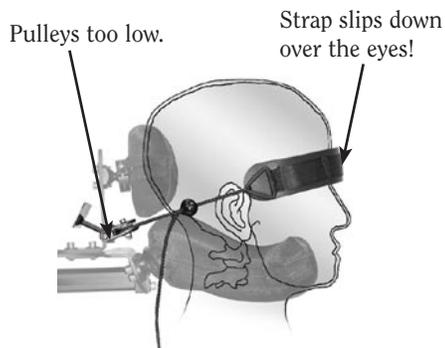
## ⚠️ **WARNING! CHOKING HAZARD**

Improper use of this device may result in serious injury or death.



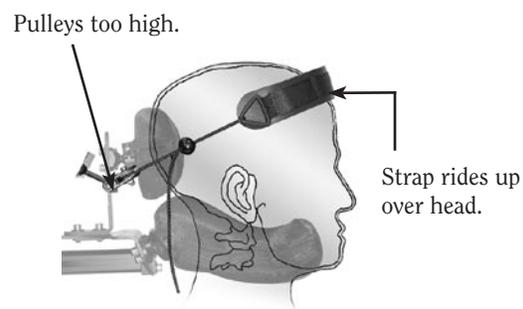
- Use with supervision.
- Read and understand all instructions and safety labels.
- Do not over tighten - Strap should not be tight enough to cause redness, irritation or excessive pressure.
- The strap should not be loose enough to allow the strap to slip over the eyes and nose.
- STOP using the DFS if the strap slips, the user experiences discomfort, redness or irritation.
- Train all individuals who work with this system in its correct application.
- Refer to a qualified therapist or rehab technology supplier trained in postural positioning, should DFS adjustments be necessary.

### Mistakes Commonly Made While Adjusting The Dynamic Forehead Strap



**WRONG!** Pulleys mounted too low causing strap to ride down on ears & eyes.

**SOLUTION:** Raise pulley mechanism by adjusting crossbar up slightly. Also check that tension of strap is not too loose.



**WRONG!** Pulleys mounted too high causing strap to ride up off of head.  
**SOLUTION:** Lower pulley mechanism by adjusting crossbar down.

## READ AND UNDERSTAND ALL INSTRUCTIONS AND WARNINGS BEFORE ADJUSTING THE DFS TO THE USER.

**STEP 1 - Putting on the strap:** With the client in the chair, ensure the head support system is correctly installed (refer to the previous sections on system installation). Slide the forehead strap into position (Fig. 1).



Fig.1

**STEP 2 - Tensioning the strap:** Using the tension adjusters tighten the strap to the point required to maintain constant forehead contact but not tight enough to cause redness from excessive pressure. (Fig. 2)



Fig.2

**⚠ Warning:** *The user's head must be in full contact with a support pad at the rear during this adjustment. Failure to do this is extremely dangerous and will allow the strap to become loose and slip over the user's eyes or nose.*

**NOTE:** This is a critical adjustment. Adjusting the bracket height will change the direction of strap pull across the forehead and affect the usefulness of the system.

**Step 3 (Fig. 3) - Adjusting the angle of forehead strap pull:** Adjust the assembly up or down to achieve a direction of pull on the forehead that is perpendicular to the slope of the forehead (Fig.4).



Fig.3

**⚠ CAUTION:** Make sure tension adjuster balls DO NOT contact pulleys when head turns full left / right.

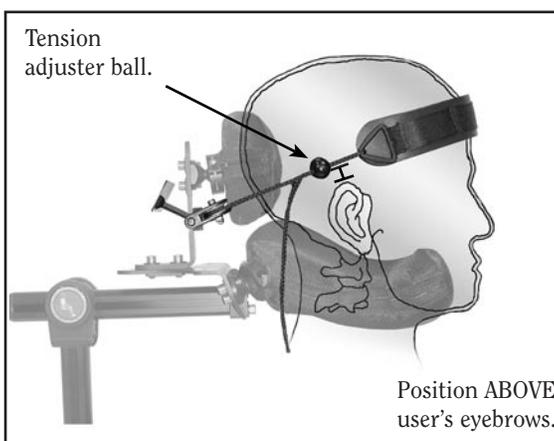


Fig.4

The STRAP CAP is an accessory option available for the Dynamic Forehead Strap System. The cap replaces the strap only of the DYNAMIC FOREHEAD STRAP SYSTEM and is compatible with all DFS System applications.

1. Follow the hardware installation instruction for the DFS System.
2. Follow the fitting instructions for the DFS System.

### Sizing the Strap Cap

Include the following step to custom size the cap to the user's head: Insert or remove one or both pieces of pre-shaped foam (A) from the hook and loop pouch on the inside top of the cap (Fig.1). Inserting or removing a piece of foam will raise or lower the cap's position on the head.

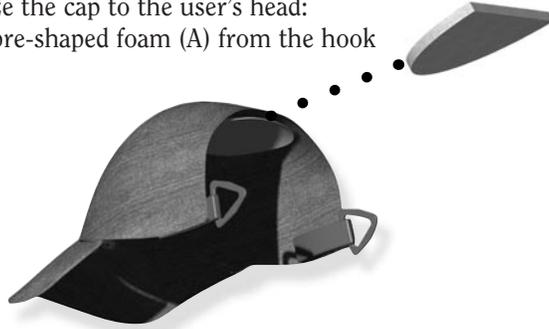
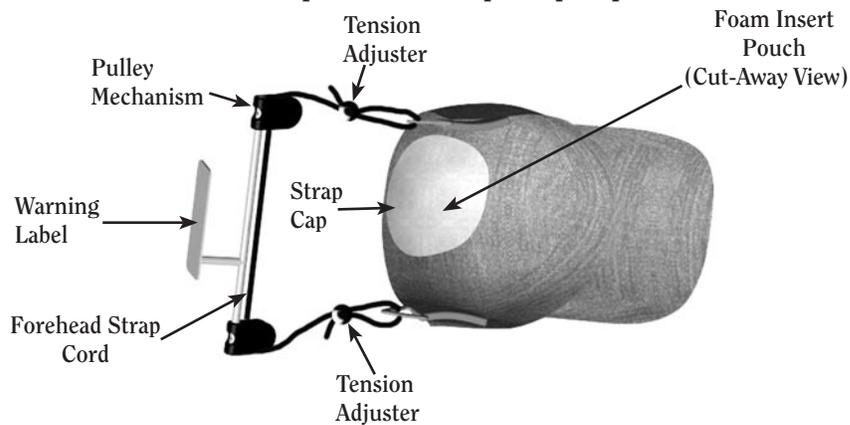


Fig. 1

**READ THE WARNING LABEL ON THE BACK OF THE DFS UNIT**

## Dynamic Forehead Strap with Strap Cap Option



The Strap Cap is compatible with all Whitmyer Biomechanix, Dynamic Forehead Strap systems.



## User instructions for models DFSQ1, DFSQ3, DFSQ10 and DFSQ30



### WARNING – READ BEFORE USE

Read warnings and instructions often until they are second nature.  
Keep this guide with the product for further reference.

If you have any questions on the assembly and installation of this product please contact the A.R.T. Group at 866.725.SEAT or 850.575.3186 for international calls.

### CHOOSING THE RIGHT POSITIONING PRODUCTS

1. Some clients, due to their disability level or physical condition, may need anterior supports to help maintain proper posture or body position. Such devices include head straps, shoulder straps, thoracic strap systems, pelvic supports, and belts.
2. The A.R.T. Group gives you a choice of many anterior and pelvic support styles and adjustments. However, final selection of the right product for your safety rests solely with you and your healthcare advisor.

### RISKS OF INJURY AND HOW TO AVOID THEM

Excess Movement or Migration of the Pelvis- This may cause the support to displace. If this occurs, severe injury to the client could result.

To avoid the risk:

- A. It is VITAL to keep the client in a stable pelvic position.
  - Anterior supports should ONLY be used with seat, back, and pelvic supports or belts that keep the client from sliding down in the seat.
- B. Anterior supports must be fitted by your authorized A.R.T. Group supplier and your healthcare professional.
- C. After fitting, anterior supports should ONLY be placed and adjusted by trained persons.
- D. DO NOT leave the client unattended when using anterior supports.
- E. This product has NOT been Transit Tested.  
Not recommended for use in a Transit environment.



DFSQ1 & DFSQ3

*For use with S.O.F.T. Head Support systems*



DFSQ10 & DFSQ30

*For use with Single Pad Head Support  
(Includes Anterior Support Interface)*



Installation:

- 1 Using a 3/16" Allen® wrench: Loosen the rear occipital screwball Fig-1 (A), adjust up or down to provide slot access.
- 2 Remove the bolt and washer (B) from the DFS<sup>2</sup> mounting plate.
- 3 Fit the mounting plate to the front of the occipital mount slot as shown. Plate can be mounted above or below occipital pad.
- 4 Replace the bolt and washer and tighten (B).

Forehead Strap Adjustment:

- 5 Using a 5/32" Allen wrench: Loosen the guide rods adjustment screw Fig-2 (F), and slide both guide rods evenly to desired diameter.
- 6 Locate neoprene strap (D) in desired position on forehead.
- 7 Slide guide rods through clamp until front of neoprene strap is approximately 1/2" from plastic guide support (E). Strap must fit snugly on forehead. Fig-3 (H)
- 8 Re-Tighten guide rod adjustment screw (F) to hold position.
- 9 Guide rods may be trimmed to 1" limiting rearward protrusion. Vinyl caps should be removed prior to trimming and then reinstalled. Fig-3(I)

- 10 Re-adjust forehead strap as necessary.

Downward Stop Angle Adjustment:

- 11 Using a 5/32" Allen wrench loosen the angle adjustment clamp screws Fig-1 (C).
- 12 Insert an Allen wrench into the exposed hole Fig-2 (G) on the silver angle adjustment pivot and rotate until the forehead pad and guide rods are at the desired angle.
- 13 Re-tighten the angle adjustment clamp screws and check all settings.

**Notice:**

Fasteners and DFS<sup>2</sup> adjustment should be checked prior to each use. Neoprene Strap must be replaced at the first signs of wear or loss of tension.

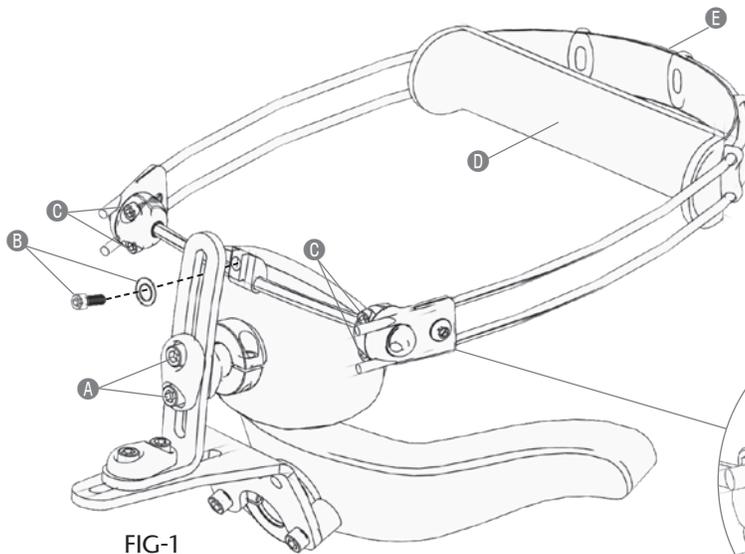


FIG-1

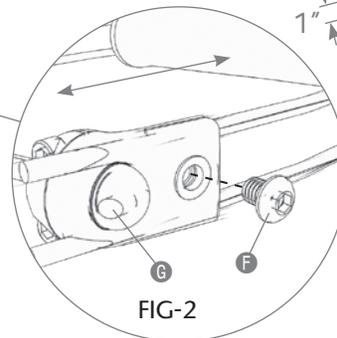


FIG-2

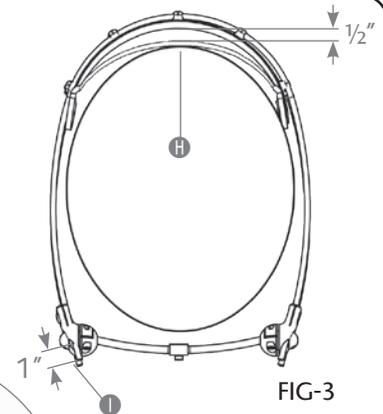


FIG-3

Patent Pending

## ⚠️ WARNING!

Consult with a qualified therapist or rehab technology supplier trained in postural positioning before installing or adjusting this product.

Read and understand all instructions and warnings before using the product. We are available to answer questions 8:00 a.m. to 5:00 p.m. Eastern Standard Time. Please call us at 800-944-8246.

### Installation:

Using a 3/16" Allen® wrench:

1. Loosen the rear occipital screwball (A), adjust up or down to provide slot access.
2. Remove the bolt and washer (B) from the HEDZ-UP mounting bracket.
3. Fit the mounting plate to the front of the occipital plate slot as shown.
4. Replace the bolt and washer (B).

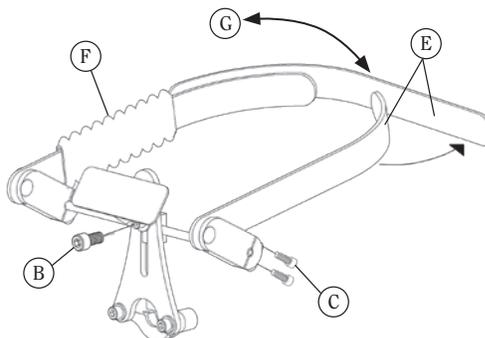


### ADJUSTMENT - HEIGHT AND ANGLE:

1. Height Adjustment - Loosen the mounting bolt (B), sliding the HEDZ-UP assembly up or down. Retighten.
2. Angle Adjustment - Loosen the left and right strap bracket adjustment bolts (C). Equally adjust the bracket angles. Retighten both bolts insuring the brackets are secure and at the same angles.

### ADJUSTMENT - STRAP SIZE:

1. Strap size adjustment (Note: the strap cover has been pushed to side in this view- **Warning - The cover must be in place to supply padding to the forehead**). Slide the strap cover (F) to expose the hook and loop plastic strap. Separate and re-fasten the hook and loop fasteners (E) adjusting the overall strap size evenly on both sides.



**Note:** Adjust the strap to allow a space of one or two fingers between the user's forehead and the strap allowing the user freedom of movement.

### USE INSTRUCTIONS:

The HEDZ-UP strap will flip up (G) for transfers or periods of non-use and flip down to assume the same position each time.

### MAINTENANCE & LAUNDRY INSTRUCTIONS:

Periodically check the overall condition of the HEDZ-UP and immediately retighten loose fasteners or replace damaged parts.

Washing Instructions - Remove and hand wash the strap in mild detergent. Allow to air dry. Replace cover if worn or ripped.

Plastic Strap - Replace strap at the first signs of wear, ripping or cracking.

## Cuddles Anterior Support

### Application Consideration

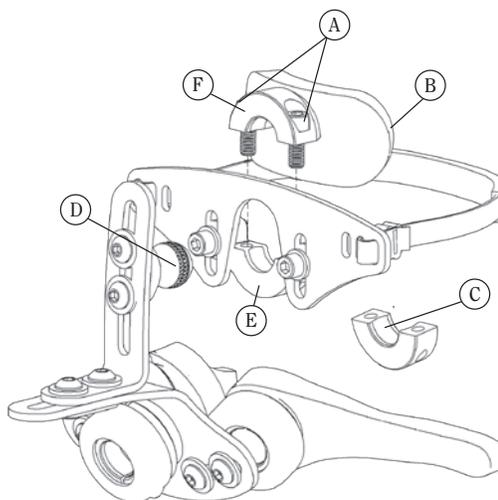
CAUTION: Use only when child can be monitored.

Anterior strap should not be used with children who may grab or pull the support strap.

Only for use for children under 3 years of age.

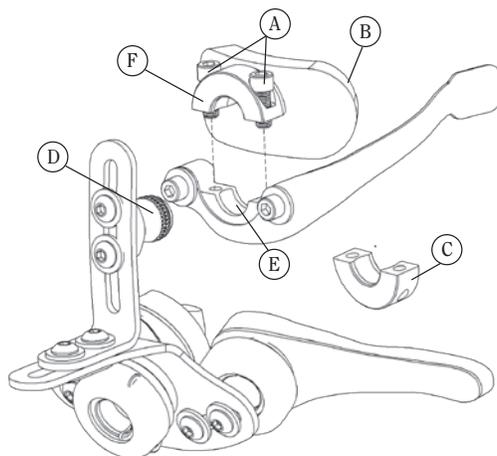
Not to be attached or modified for use with products other than Cuddles.

Not appropriate for children who actively and strongly pull into flexion.



1. Remove screws (A) from occipital pad (B) and discard bottom collar half (C).
2. Clamp ball (D) between collar adapter (E) and top collar half of occipital pad (F).
3. Adjust support as desired and tighten all screws securely.

## Cuddles Lateral Supports



1. Remove screws (A) from occipital pad (B) and discard bottom collar half (C).
2. Clamp ball (D) between collar adapter (E) and top collar half of occipital pad (F).
3. Adjust support as desired and tighten all screws securely.

## T-Bar Installation Instructions

Systems ordered with T-bar occipital mounts will arrive with the T-bar attached to the occipital mount. These instructions are for retro-fitting an existing system

Fig.1

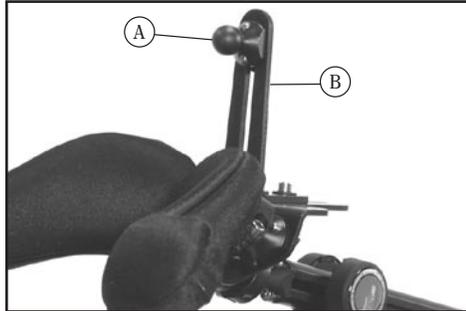
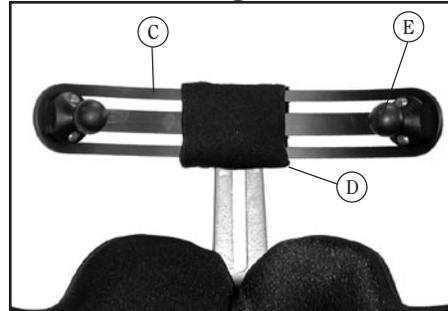


Fig.2



Using a 3/16" Allen® wrench:

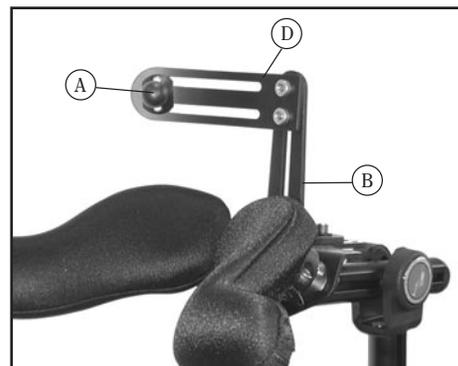
1. Remove the occipital pad and screwball (Fig.1, A) from the occipital plate (Fig.1, B).
2. Attach the T-BAR (Fig. 2, C) to the occipital plate slot with the fasteners and washers provided.
3. Attach the previously removed screwball and the screwball supplied with your T-BAR to the T-BAR slots (Fig.2, E).
4. Attach appropriate pad(s) to the screwballs and adjust the position around the client's head.
5. When satisfied with position of pad(s), tighten all fasteners and then attach the safety pad (Fig.2, D) over the T-BAR fasteners as shown.

## Unibar Installation Instructions

Using a 3/16" Allen® wrench:

1. Remove the occipital pad and screwball (Fig. 1, A) from the occipital plate (Fig. 1, B).
2. Attach the Unibar (D) to the occipital plate (B) slot with the fasteners and washers provided (Fig. 3).
3. Attach the previously removed screwball(A) to the Unibar slot (Fig. 3).
4. Attach appropriate pad to the screwball and adjust the position around the client's head.
5. When satisfied with position of pad, tighten all fasteners and then velcro the safety pad over the Unibar fasteners as shown above in (Fig.2).

Fig.3



A.R.T. Group warrants all Whitmyer Biomechanix components in its products to be free of defects in material and workmanship for one year from purchase date. All metal components have an extended lifetime warranty against breakage. All covers, foam, cords, plastic parts, and straps have a 90 day warranty. If any product shall be proven to be defective, such product shall be repaired or replaced at A.R.T. Group's option. This warranty does not include any labor or shipping charges incurred in replacement part installation or repair. A.R.T. Group's sole obligation, and your exclusive remedy under this warranty shall be limited to such repair and/or replacement.

For warranty service, please contact our Customer Service Department for a Return Authorization Number. Please be prepared to provide the purchase information and the nature of the defect. Do not return products to A.R.T. Group without our prior approval.

**Limitations and Exclusions:** The foregoing warranty shall not apply to damage caused by normal wear or to products subjected to negligence, accident, improper operation, maintenance or storage, commercial or institutional use, products modified without Whitmyer Biomechanix's expressed written consent including, but not limited to, modification through any component without the specific consent of A.R.T. Group, or to a product damaged by circumstances beyond A.R.T. Group's control. Such evaluation will be solely determined by A.R.T. Group. This warranty is extended only to the original purchaser/user of our products. A.R.T. Group reserves the right to modify products and product offerings solely at its own discretion and without prior notice.

## Whitmyer Biomechanix Product Maintenance

The following suggestions will help ensure safe and successful product use.

### **FOAM AND COVERS**

**COVER MAINTENANCE** - Whitmyer Biomechanix covers zip on and off for washing. Hand wash with mild detergent, rinse thoroughly, and air-dry for best results.

**COVER REPLACEMENT** - We stock replacement covers for all our products. If covers become too worn or too soiled, replacement is recommended.

**FOAM PADS** - Foam subject to daily use will wear out and lose a degree of the initial comfort afforded by the cushions when the pads were new. The foam pads are attached to the system panels with a hook and loop fastening system, making replacement with our re-foam kits a simple process.

### **MECHANICAL COMPONENTS**

We recommend checking all system components on a regular basis. The frequency of these checks will depend on how rigorously the product is used. Checking the following items will ensure safe and functional product use:

1. Check tightness of all fasteners and hardware attachment points.
2. Review all parts for signs of wear. Pay close attention to plastic, vinyl, and fabric components. Check all straps and cords for stretching and wear.
3. Review metal parts for signs of wear, cracks, bent parts or excessive flexing.
4. Replace or repair any parts showing wear.

### **THREADED HOLES**

Do not force any fasteners. Being gentle, and tightening fasteners evenly will usually correct any fastener problems.



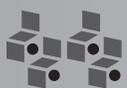




## **Whitmyer Biomechanix**

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